

plusOne® Clinical Studies



4-Week Depression & Anxiety Clinical Study

An evaluation of improvement in mental health concerns in women after achieving orgasms regularly through masturbation with plusOne® products

After 4 weeks

- **64%** of women felt less bothered by feeling nervous, anxious or on edge for no apparent reason, unable to control worrying
- **64%** of women felt less bothered by feeling tired or having little energy
- **70%** of women felt less bothered by feeling down, depressed or hopeless
- **75%** of women felt more **loving and appreciative towards themselves**
- **82%** of women were able to **relax and enjoy alone time more than before**

4-Week Sleep Quality Clinical Study

An evaluation of improvement in sleep quality, mood and quality of life in women after achieving orgasms regularly through masturbation with plusOne® products

After 4 weeks

- **62%** of women felt more cheerful and energetic throughout the day
- **62%** of women were able to concentrate on their daily tasks better
- **64%** of women felt their mind was less 'foggy' throughout the day
- **66%** of women felt less reliant on caffeine in the morning and throughout the day
- **71%** of women reported an **improvement in their sleep quality**

8-Week Skin Condition Clinical Study

An evaluation of improvement in skin condition in women after achieving orgasms regularly through masturbation with plusOne® products

After 4 weeks

- **64%** of women reported that their skin looked **brighter**
- **66%** of women reported that their skin looked more **radiant**

After 8 weeks

- **56%** of women reported an improvement in **skin texture**
- **59%** of women reported that their skin felt **tighter and firmer**
- **66%** of women reported an **overall improvement in their skin**