

Early pilot: questionnaire outcomes

Sleep quality (PSQI), depression screening (PHQ-9), and cognition (MoCA), self-reported by early users of the Dreamz sleep mask through the in-app questionnaire flow.

What this is: live data pulled directly from Dreamz's production database, not a curated or cherry-picked sample. Each row below is one early user's questionnaire score, compared from their **earliest available session to their latest available session**. Sessions with implausible completion times or identical answers to every question are automatically excluded as low-quality. Subjects are shown as anonymized IDs (Subject 1, Subject 2, ...) consistent across all three tests. **This is an early, small pilot cohort (5 users, 12 subject-test comparisons) intended to show directional signal, not a powered clinical result.**

AVERAGE IMPROVEMENT – ALL SUBJECTS

+26.4%

Weighted by how many sessions each subject completed, then combined across PSQI, PHQ-9, and MoCA. Positive always means the score moved in the direction that's better for that test.

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SUBJECT-TEST
COMPARISONS

5.1 → 4.2

AVG SCORE
FIRST → LATEST

8 / 2 / 2

IMPROVING / WORSENING
/ FLAT

PSQI

Pittsburgh Sleep Quality Index

+30.7%

Subjects compared 5

Avg score, first → latest 4.2 → 2.9 (0–21)

Trend 3 improving / 1 worsening / 1 flat

Lower score = better sleep quality

PHQ-9

Patient Health Questionnaire-9 (depression screening)

+47.7%

Subjects compared 4

Avg score, first → latest 3.7 → 1.9 (0–27)

Trend 3 improving / 0 worsening / 1 flat

Lower score = fewer depressive symptoms

MoCA

Montreal Cognitive Assessment (in-app short form)

+11.4%

Subjects compared 3

Avg score, first → latest 8.8 → 9.8 (0–10)

Trend 2 improving / 1 worsening / 0 flat

Higher score = better cognitive performance

All questionnaire trends

TEST	SUBJECT	SESSIONS	FIRST	LATEST	CHANGE	TREND	FIRST → LATEST SESSION
MoCA	Subject 5	4	8	10	+2	Improving	Jun 1, 2026 → Jul 25, 2026
PSQI	Subject 3	2	6	5	-1	Improving	May 23, 2026 → Jun 9, 2026
PHQ-9	Subject 3	2	2	2	0	Flat	May 23, 2026 → Jun 9, 2026
MoCA	Subject 3	2	10	9	-1	Worsening	May 23, 2026 → Jun 9, 2026
PSQI	Subject 4	8	5	2	-3	Improving	May 30, 2026 → Jun 5, 2026
PHQ-9	Subject 4	5	3	2	-1	Improving	May 30, 2026 → Jun 3, 2026
MoCA	Subject 4	4	9	10	+1	Improving	May 30, 2026 → Jun 3, 2026
PHQ-9	Subject 5	2	5	3	-2	Improving	Jun 1, 2026 → Jun 2, 2026
PSQI	Subject 5	2	2	4	+2	Worsening	Jun 1, 2026 → Jun 1, 2026
PSQI	Subject 1	5	4	3	-1	Improving	May 7, 2026 → May 20, 2026
PHQ-9	Subject 1	3	5	1	-4	Improving	May 7, 2026 → May 20, 2026
PSQI	Subject 2	4	3	3	0	Flat	May 9, 2026 → May 9, 2026

Score scales differ by test (PSQI 0–21, PHQ-9 0–27, MoCA 0–10 in this app's short form) — compare "Change" within a test, not across tests. "Sessions" is total completed questionnaires used for the first/latest comparison.