

# Grounding Mat Progress Assessment

## Instructions for Using the Grounding Mat and Tracking Your Progress

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### Introduction

This guide is designed to help you monitor how the grounding mat impacts your well-being. By comparing how you feel before starting and two weeks after using the mat regularly, you can track the potential benefits. Grounding can often improve sleep, reduce pain, and boost overall mood, but it's essential to record your experience to identify what works best for you.

If you've felt the incredible benefits of Grounding Well products, now's the perfect time to share that gift of wellness with others. By using the promo code **GWNANCYSMITH** at checkout on <https://www.groundingwell.com/GWNANCYSMITH>, you can help your family and friends unlock better sleep, reduced pain, and improved well-being. It's not just a discount—it's the start of their healing journey. Let's get those you care about on the path to feeling their best, just like you have!

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### Step 1: Before You Start

- 1. Get Your Form:**  
Page 4 of this document contains the "Metrics for Using the Grounding Mat" assessment form.
- 2. Print Your Forms:**  
Print out **two copies** of Page 4—one for now and one for use two weeks later.
- 3. Fill Out Your Information:**  
On the first copy, write your name and the date at the top of the form.
- 4. Night Assessment:**  
Answer the questions about how you feel at night before using the grounding mat. Use a scale of 1 to 10 to rate your levels of anxiety, sleep quality, pain, and any other factors.  
Mark the circles (○) with a pen based on your responses.
- 5. Day Assessment:**  
Complete the daytime questions, rating your energy, focus, mood, and pain levels in the same manner.

## Step 2: Start Using the Grounding Mat

1. **Use the Mat Daily:**  
Ensure you use the grounding mat for at least 30 minutes each day. You can sit, lie down, or even sleep on it overnight.
2. **Be Consistent:**  
Try to use the mat at the same time each day to create a routine and maximize its potential benefits.

## Step 3: After Two Weeks

1. **Get the Second Form:**  
After two weeks of daily use, print another copy of the "Metrics for Using the Grounding Mat" document.
2. **Fill Out the Second Form:**  
Just like before, write your **Name** and **Date** at the top, and complete both the Night and Day Assessments.
3. **Compare Your Results:**  
Lay the two forms side by side and look for changes. Focus on improvements in areas like anxiety, sleep quality, pain relief, mood, and energy.

## Step 4: Reflect on Your Experience

1. **Take Notes on Changes:**  
After two weeks, review both of your completed **assessment forms** (the initial and follow-up). Pay attention to any patterns or improvements in key areas like anxiety, sleep quality, pain levels, and energy throughout the day.
2. **Identify Trends:**  
Compare the day and night assessments to see where you've experienced the most improvement. Have certain symptoms decreased, or has your sleep improved? Look for subtle trends that indicate progress.
3. **Adjust Your Routine if Needed:**  
Based on what you observe, decide if any adjustments are necessary. For example, you might extend the duration of your grounding sessions or try grounding at a different time of day to enhance the benefits.
4. **Decide on Long-Term Use:**  
Use your findings to determine whether you'd like to continue using the grounding mat or sheet as part of your daily routine. Reflect on how consistent use has impacted your well-being and whether grounding is something you want to maintain long-term.

## Additional Tips for Setting Up and Using a Grounding Mat Effectively

### 1. Proper Setup and Testing:

Plug the grounding mat **directly into a grounded wall outlet**—avoid extension cords or power strips, which can interfere with the mat's effectiveness. If you are unsure whether the outlet is properly grounded, ask someone to use a **digital multimeter** to test the connection. A well-grounded outlet ensures the mat provides maximum benefits by facilitating the flow of electrons between your body and the Earth.

### 2. Usage During Relaxation:

Incorporate the mat into your downtime—sit on it while using your phone, reading, or watching TV. Using it during familiar activities helps you stay consistent without making extra time for it.

### 3. Skin Contact Options:

While bare skin contact is ideal, the mat works through thin clothing or socks. If you prefer to stay warm and comfortable, you can still benefit from the grounding effect without removing socks.

### 4. Optimal Duration and Routine:

Aim for at least **30 minutes per day** of grounding to start, but longer sessions can amplify the benefits, particularly for stress relief and sleep improvement. Try using the mat at the same time daily, either in the morning for energy or before bedtime to promote relaxation and better sleep quality.

### 5. Monitor Changes in Health:

Keep track of your progress using the provided **Metrics form** on Page 4. Print two copies—one for initial use and another for a follow-up assessment two weeks later. Use the assessments to record improvements in sleep, mood, or pain relief over time. Even small changes can indicate that grounding is working.

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These practical tips, designed for both seniors and caregivers, align with the known benefits of grounding—such as reduced stress, better sleep, and improved emotional well-being—while ensuring the mat is used safely and effectively over time. Regular use and proper setup can maximize these benefits, making grounding a valuable part of your self-care routine.

# Grounding Health Metrics

## Night Assessment

Please rate the following on a scale of 1 to 10 (1 being the lowest, 10 being the highest):

1. **Level of Anxiety:**

1 (○) 2 (○) 3 (○) 4 (○) 5 (○) 6 (○) 7 (○) 8 (○) 9 (○) 10 (○)

2. **Level of Sleep:**

1 (○) 2 (○) 3 (○) 4 (○) 5 (○) 6 (○) 7 (○) 8 (○) 9 (○) 10 (○)

3. **Level of Pain:**

1 (○) 2 (○) 3 (○) 4 (○) 5 (○) 6 (○) 7 (○) 8 (○) 9 (○) 10 (○)

4. **Other Observations:**

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## Day Assessment

Please rate the following on a scale of 1 to 10 (1 being the lowest, 10 being the highest):

1. **Level of Energy:**

1 (○) 2 (○) 3 (○) 4 (○) 5 (○) 6 (○) 7 (○) 8 (○) 9 (○) 10 (○)

2. **Level of Focus:**

1 (○) 2 (○) 3 (○) 4 (○) 5 (○) 6 (○) 7 (○) 8 (○) 9 (○) 10 (○)

3. **Level of Pain:**

1 (○) 2 (○) 3 (○) 4 (○) 5 (○) 6 (○) 7 (○) 8 (○) 9 (○) 10 (○)

4. **Mood:**

1 (○) 2 (○) 3 (○) 4 (○) 5 (○) 6 (○) 7 (○) 8 (○) 9 (○) 10 (○)

5. **Other Observations:**

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