

ABSTRACT

This invention can be used to reduce the average latency of human sleep, improve sleep continuity, increase the amount of slow-wave sleep, and simplify awakening. The group of
5 inventions allows correcting the human sleep parameters by generating short ("spike") electric field pulses of no less than 20 milliseconds, preferably ranging from no less than 20 milliseconds to no more than 1000 milliseconds, near a sleeping person in accordance with the specified algorithm.