



Tips for *Sharing Your Experience*

1. Imagine you are telling your story to a friend.
2. Which of the SOTA units did you use, how often and for how long? (Include modes or any unique application).
3. How long did you use the units before you noticed a change?
4. How do you feel now?
5. How has your life changed?

Please share any comments about what you have learned from your experience.

Please email your experience to story@sota.com.

Filming Your Experience

Interested in sharing your experience via Video? The following tips will help.

1. Know in advance what you want to say – you don't need to script it, but have a general idea of what you are sharing. Don't be afraid to practice and do a few takes – let's face it, most of us aren't used to talking on camera and it can be a little nerve racking.
2. Aim for a video that is 5-10 minutes. If possible, have someone film you – this will allow you to relax and tell your story without having to worry about the camera angle, etc.
3. The following are suggestions to help you get the best video possible:
 - a. Record your story in a well-lit area with minimal background noise.
 - b. If filming with a Smartphone, put your phone in Airplane mode – this will keep your video from being interrupted by incoming texts or phone calls.
 - c. Again, if using a Smartphone, turn your camera sideways (landscape orientation) while filming – this will help the video fit nicely on any screen.





- d. Clean your camera lens before you start to film.
 - e. Don't zoom – zooming while filming can create shakiness and decrease picture quality.
 - f. If using a Smartphone, use exposure lock – in video mode, tap your screen and hold until the AE/AF box appears. Once it does, your camera's focus is locked. This will keep your video sharp, even if you move around.
4. Forward your video (if less than 2GB) using www.wetransfer.com. It's free and easy. Use story@sota.com for the email address and please leave a note in the appropriate field with your name so we know who you are.

If your video is larger than 2GB, please contact us so we can provide different directions.

Whatever way you choose to share your experience with us – thank you.