



- Entered the health industry in 1995
- Started business at the age of 25 and established U.E.S. Health Farm Sdn. Bhd.
- In 2003, imported medical device Electric Potential Therapy device from Japan
- AmLife International was established in 2014 to promote "Recharge Your Health in Sleep"
- AmLife business landscape expanded from Malaysia to Singapore, Brunei, Indonesia, Taiwan, and Hong Kong in 2017
- Specializing in the "Experience Marketing" model, founded the first and largest Electric Potential Therapy device company in Southeast Asia, and advocated natural therapies of "no medicine, no injection, and no side effects"

Founder & President of AmLife

## Ignite the "Sleep Wellness" Revolution HELP PEOPLE RECHARGE HEALTH FROM SLEEP

Sleep is such an enjoyable thing that everybody knows regardless of time and location. The greatest English writer William Shakespeare once compared sleep to "the most nourishing main course" in the "life's feast", while the Russian physiologist, psychologist, and Nobel Prize winner Ivan Pavlov called sleep the "Tranquilizer " of the nervous system, even the China Northern Song Dynasty Taoist aka. "the Sleep Deity" Chen Tuan also once left the famous verse of "not beg for ways of becoming a Saint but ways to sleep", which laments that sleep is the key of health!

This shows "Sleeping", like water and food, is an indispensable part of human life, occupying one-third of the short human life. Thus, it's important for people should pay attention to sleep, understand the advantage of sleep brings to the human body, and also the various harms caused by insomnia or sleep disorders that we are so familiar with in daily life.

It's all because of the brain repairs the memory cells during sleep. Long-term insomnia prevents these cells from getting adequate rest, leading to inattention, slow reactions, and decreased memory. Only good quality sleep can help boost immunity. Thus, AmLife was then established to help people "recharge health from sleep"!

I started to establish AmLife the brand in 2014. I have cooperated with Japanese manufacturers and combined Electric Potential Therapy to develop innovative sleep wellness technologies and help more people through this sleep therapy. I believe that no one will forget to sleep, yet also no one will skip sleep because they are too lazy to do so. They just need to sleep every day to maintain their health, it can be done easily every day, they can sleep better, obtain long-term health maintenance, and keep all sort of diseases away!

AmLife uses the most cutting-edge technology to achieve high-quality sleep for humans and is committed to creating deep intelligent sleep bedding. Exquisite craftsmanship design, high-quality bedding materials, coupled with top Japanese high-tech, make AmLife bedding become a "smart, healthy, high-quality" smart bed that meets human needs of deep sleep and healthcare.

I am very grateful to the World Sleep Society for its affirmation of AmLife in the field of Sleep Wellness and has won the Association's award three times. AmLife won the "2016 Outstanding Activity Award" at the World Sleep Congress held in Prague in 2017, making Malaysia the only Asian country to receive this award at the time. Then, in 2019, the World Sleep Congress held in Canada won the "2018 Outstanding Activity Award". AmLife was the only company that hosted events in multiple countries among the many winners. Meanwhile, AmLife was awarded an honorary award by the World Sleep Society in 2019 in recognition of our outstanding contribution to promoting quality sleep.

Due to the rigorous selection system for this award, the judges must select a few extremely outstanding teams from hundreds of contributions to promoting sleep activities around the world. I am very grateful and honored that AmLife has won the title three times. Receiving these awards also proves that AmLife is well-recognized in the field of Sleep Wellness and is one of the internationally recognized experts in Comprehensive Sleep Wellness. AmLife will continue to support the people in need, strive to improve people's sleep awareness, and improve the level of research and development of our products, effectively improve sleep disorders, fully evolve sleep quality, so that more people with sleep problems will be benefited and regained their health, and ignite the revolution of "Sleep Wellness" from local Malaysia and eventually to the rest of the world!