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SEARCH

Home > 'Compilations-Wackies-Wacky Gadgets' > Kosovo Pillows

# SD KOSOVO PILLOWS

Projects Details Shotlist Storyline Categories

**Project** [Go to top](#)

None

**Details** [Go to top](#)

Musical pillows help Danish soldiers sleep better

**Story No.:** 465011

**Restrictions:**

**Duration:** 00:02:43:17

**Source:** APTN

**Dateline:** Pristina - 21 Oct 2005

**Date:** 21/10/2005 12:30 PM

**Shotlist** [Go to top](#)

1. Exterior of Danish military camp
2. Close up of Danish flag
3. Various of Danish armoured vehicles around the camp
4. Various of Danish soldiers at the camp
5. Various of Major Helmer T. Hansen taking the pillow out of the bag and turning it on
6. Close up of the pillow
7. SOUNDBITE (English) Major Helmer T. Hansen, the battalion surgeon at the Danish military clinic:  
"We know that to be a soldier is sometimes great stress, we cannot use any kind of medicine so we decided to try this kind of therapy."
8. cutaway of musical pillow
9. SOUNDBITE (English) Major Helmer T. Hansen, the battalion surgeon at the Danish military clinic:  
"The meaning of the pillow is to give you a music experience. The music experience will make your mind ready for images of nature and if you have unpleasant thoughts they will be out. So you will not think about what is maybe happening with your wife at home, or your children, so all thoughts will disappear, images will be created - forests, beaches, mountains and then you'll fall asleep."
10. Cutaway of musical pillow

### STORLYLINE

Getting a good night's sleep in the Balkans can be tough for peacekeepers bunking in a military camp far from home and family for months at a time.

Now Danish researchers have come up with an unusual solution - MusiCure, a soft pillow that chirps like a bird and is designed to sing soldiers to sleep in Kosovo, Iraq and other hotspots.

With built-in speakers, the white pillows release sounds from nature combined with acoustic instruments such as cellos to help stressed-out minds shed any unpleasant thoughts.



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Its designers say that if it works, the pillow one day could join rifles, flak jackets and helmets as part of the basic equipment soldiers carry into conflicts.

In Kosovo, 10 pillows provided by Denmark's Defence Academy have become popular among the 340 Danish soldiers deployed here, said Major Helmer T. Hansen, the battalion surgeon at the Danish military clinic in the province.

Soldiers can keep the pillows for two weeks, said Hansen, ticking off their benefits with the air of a hypnotist.

"You will not think about what is maybe happening with your wife at home, or your children," he said. "All thoughts will disappear, images will be created - forests, beaches, mountains. And then you will fall asleep."

The pillows are part of a trial that began a month ago. So far, about 20 Danish troops in need of relaxation and some quick sleep in the often ethnically tense province have used them to get some shuteye.

The Danish troops are in Kosovo as part of the 17,500-strong NATO-led peacekeeping force that has been deployed in the province since the fighting between Serb forces and ethnic Albanians ended in mid-1999.

The province since has been run by the United Nations. But scattered violence persists and sometimes it has targeted foreigners.

Nowhere in the province are tensions higher than in the town of Kosovska Mitrovica, where the Danish soldiers are based. The town, which is divided by a river and ethnic animosities into an ethnic Albanian south and a Serb-dominated north, has been the scene of frequent ethnic clashes.

Last year, Kosovo saw three days of ethnic rioting that left 19 people dead and more than 900 injured. Now, as the province prepares for UN-brokered talks on its future status, there are fears of a backlash of violence.

Some of the soldiers who have tried the pillow sing its praises.

"The problem was I fell asleep too quickly," one wrote jokingly.

"It is good to keep the noise out of my mind," wrote another. "It's a very good way to relax. But the pillow is too thick."

Originally created nearly 10 years ago, the MusiCure pillow originally was intended for use in psychiatric wards and to help patients recover from surgery while minimising the need for medicine, Hansen said.

Music therapy is just as handy at a military camp, where sleeping pills can't be used to ensure soldiers are ready to deploy in case of emergency, he said.

KEYWORD - WACKY

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[Go to top](#)

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[Go to top](#)

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