

SLEEP

## SEE THE LIGHT SLEEP TIGHT

Catch up on your sleep without medication with the NightWave Sleep Assistant.

With studies confirming conscious breathing assists in relaxation, the small, non-invasive device emits a



soft pulsating light which encourages the user to naturally slow down their breathing. The more relaxed breathing invokes the body's nervous system's natural relaxation response.

The NightWave is placed to project its blue light against the ceiling or wall of the bedroom which will encourage the user to breathe in time with the light. Completely side-effect free, it's ideal for those losing sleep through anxiety and stress. Developed by Coherence Resources, the NightWave is battery operated and costs \$79.95.