

# HIT THE SNOOZZZZEEEEE

WITH NOVOTHOR

Without enough sleep - we lack alertness, have impaired memory and quality of life, and experience more acute stress, and these compounding effects result in a weakened immune system. It is important to give your body the time it needs to rest and repair, 7-8 hours of quality rest every night is the goal.

Deep sleep is the most important sleep phase for our body to carry out Rest & Repair. Deep sleep should make up about 15-30% of your total sleep cycle. During this stage your muscles grow and repair, your brain flushes out toxins and your immune system is refreshed. REM sleep is also a crucial piece of the pie lasting for ideally 1.5 hours nightly- it re-energizes mind and body and is associated with creativity and memory consolidation.

About 35% of the population report suffering from chronic insufficient sleep - a pattern that may worsen during Autumn and Winter due to a decreased production of Melatonin aka "the sleep hormone". This is thought to be due to our increased exposure to artificial blue light during long days spent indoors and more frequent use of screens. Red and Near Infrared Light (emitted by the sun or by a device) is the only spectrum of light that can trigger natural melatonin production within our body which in turn provides strength in the duration and quality of sleep. Red and NIR light can help those who have trouble with tuning their Circadian Rhythm, meaning more energy in the AM and deeper rest in the evening; as well as directly offsetting the effects of chronic Blue Light exposure which can trigger a "fight or flight" response in the nervous system.

**Tune your rhythm with an AM session in the NovoThor Red Light Therapy bed.  
OR, Enter Deep Sleep with a PM session!**



**Click here to schedule your free demo session**

