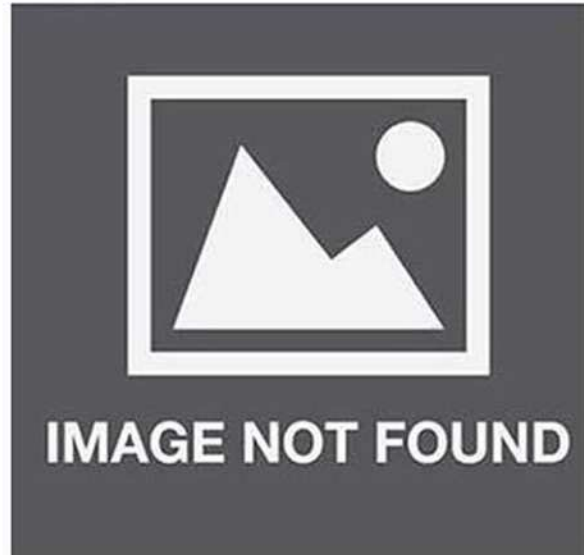


Me getting a good night's sleep BEFORE becoming a teacher:

vs.

Me getting a good night's sleep AFTER becoming a teacher:



Red Light Therapy For Sleep: The Science of Sweet Dreams

Poor Sleep is a Big Problem:

Too many people don't get good quality, continuous sleep. The pattern of poor sleep can become so regular that people forget that they are fatigued because they no longer remember what it is like to wake up refreshed, full of energy and ready to take on the world. A good night's sleep can give you a new lease on life.

Red Light, Melatonin and Sleep:

Red light stimulates the natural production of melatonin. Melatonin is a hormone made by the pineal gland that regulates your body's circadian cycle when you sleep and wake. When your natural melatonin production is working best, you will naturally have a deeper, more restful night's sleep.

Melatonin isn't just for sleep. It aids your mitochondria, your energy-producing cells. Harmful chemicals build up in your body because of stress, poor diet and other factors; melatonin gives these energy-producing cells a level of protection to help you keep feeling alert and full of energy.

How Red Light Therapy Works For Sleep:

Red light therapy works because the light doesn't just hit your skin but penetrates into your body. That way, the red and near infrared affect you at the cellular level. Red light therapy can lower inflammation across the body, for instance, while increasing energy production.

And, that increase in energy production results in many processes in the human body running much more smoothly. You can think about energy as the universal currency within biological systems - the more energy you have, the better you perform and feel.

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your free Red
Light Therapy
demo session**