

The Power of When by Michael Breus, PhD

BLUE LIGHT PRODUCT RECOMMENDATIONS

GOOD NIGHT® BIOLOGICAL LED LAMP (\$34.95)

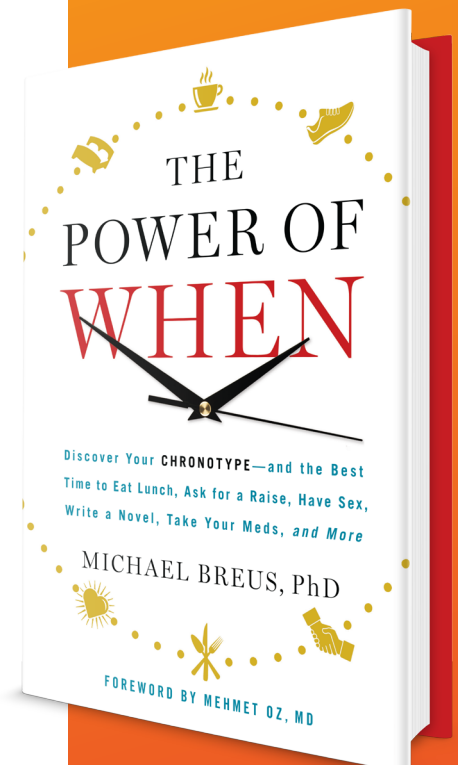
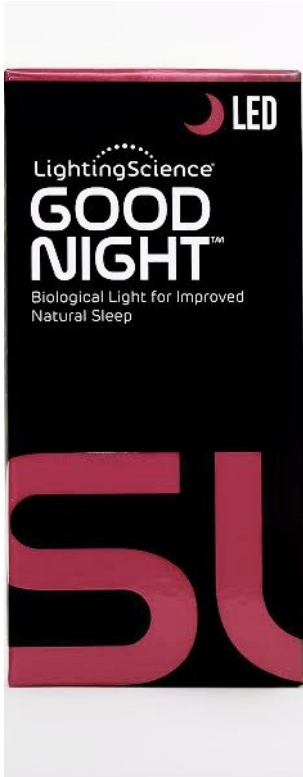
I swear by the bulbs from Lighting Science Group. This is the bulb that I have in my bedside table lamp and it is awesome! The Good Night® LED light bulb, originally developed for NASA astronauts on the International Space Station, lets melatonin do its thing and helps to regulate your body's natural circadian rhythm. So when you're ready to sleep, your body is too.

- Supports your body's natural melatonin production - a hormone necessary for a good night's sleep.
- Regular light bulbs suppress melatonin and emit less of the awake hours "blue sky" waves.
- Helps to promote a healthy circadian rhythm by assisting you in falling asleep faster, staying asleep longer, and getting a more restful night's sleep.

AWAKE & ALERT® BULB (\$39.95)

Awake & Alert® bulb is the only biologically-correct LED lighting solution proven to give you more energy, promote alertness and enhance performance with a patented, stimulating blue-enhanced spectrum.

- Enhances body's natural alertness.
- Standard light bulbs can't do this.





SLEEPY BABY® BIOLOGICAL LED LAMP (\$29.95)

I use these as a nightlight for people, that way they can get to the bathroom without turning off their Melatonin faucet! Sleepy Baby® Biological LED Lamp creates the perception of darkness for your infant's internal clock, while providing the right light output so you can care for your little one.

- Creates the appearance of darkness to the infant's internal clock allowing them to develop healthy rest and activity patterns. Provides the right light output for parents to perform tasks in the evenings such as feeding & changing without disrupting circadian rhythms.

