

RE-TIMER LIGHT THERAPY GLASSES

\$316.00



SKU: 1490572

PRODUCT DESCRIPTION

PURPOSE AND BENEFITS

Re-Timer uses light therapy, to re-program your body's sleep schedule. Light therapy involves the exposure to specific wavelengths of light for a prescribed amount of time at a specific time of day to help your body adjust to a healthy sleeping pattern.

Re-Timer can be used to help change when you sleep and wake. Re-Timer glasses are perfect for travellers who need help combating jet lag, shift workers and for people who do not receive enough natural light during long winter months. Re-Timer glasses should be worn for 30 minutes a day.

Who should wear Re-Timer Light Therapy Glasses?

Travellers who need to combat jet lag, shift workers and people who suffer from the winter blues due to reduced exposure to natural light

FEATURES

- **LIGHT THERAPY ON THE GO:** Re-Timer was designed for active people whom cant sit in front of a light box each morning. Get your light whilst you eat breakfast or read the morning paper
- **SAFE GREEN LIGHT:** The most effective wavelengths of light are Blue and Green. Leading healthcare experts regard green as safer. Re-Timer peak wavelength is Green Light. NO UV Rays. Re-Timer meets the eye safety standard IEC 62471
- **WORLDS BEST LIGHT THERAPY GLASSES:** Available in 46 countries, Re-Timer is considered the gold standard. That is why 97.7 out of 100 Amazon customers choose to keep their Re-Timer.
- **EQUIVALENT TO A 10000 LUX LAMP:** You can customise Re-Timer to 2 intensities of 300 Lux or 500 Lux. Shown in 4 clinical studies to be effective for seasonal affective disorder and sleep improvement
- **CERTIFIED CE MEDICAL DEVICE**

SPECIFICATIONS

Finish type	Polished
Base material	Plastic
Product dimensions	3.8D x 17.8W x 15.2H centimetres
Item weight	75 Grams
Shade material	Glass