



## Silent Nights Patches

- Clinically shown to increase length of sleep by 66%
- Enhances the quality of sleep
- Patented, proprietary form of phototherapy
- No drugs, chemicals or stimulants



### A Healthy Sleep-Aid Alternative

Free of drugs, chemicals or stimulants, Silent Nights is clinically proven to improve quality and length of sleep without causing that groggy feeling the next day. You'll wake up feeling well rested, more energetic and better prepared to make the most out of life.

### What Is Phototherapy?

The science of phototherapy, which has been around for about 100 years, uses light to improve the health of the body. And modern forms of phototherapy such as Low Level Laser Therapy, which helps reduce wrinkles in the skin, are very well understood scientifically.

But this idea is nothing new. As far back as two thousand years ago, the ancient Greeks had a center for studying the effects of different colored lights on human health. Even the ancient Egyptians, who promoted health by focusing sunlight through colored glass on certain areas of the body, understood this concept.

### How Our Phototherapy Patches Work

Your body emits heat in the form of infrared light. Our patches are designed to trap this infrared light when placed on the body, which causes them to reflect particular wavelengths of light. (see Usage Tab for placement instructions). This process stimulates specific points on the skin that signal the body to produce health benefits unique to each LifeWave patch.

### What Makes one LifeWave Patch Different than Another?

Each patch is exclusively designed to reflect particular wavelengths of light that stimulate specific points on the skin. This enables each patch to provide unique health benefits. No drugs or chemicals enter your body.

### How Does This Relate to Healthy Sleep?

Silent Nights reflects particular wavelengths of light, which stimulate specific points on the skin that trigger the production of melatonin in the body.

### Silent Nights Study Results

Silent Nights is clinically proven to increase length of sleep by 66 percent, and since its release has helped people all over the world achieve better rest. Subsequent to its release, a pilot study conducted by Dr. Norm Shealy concluded, "The safety and results obtained in the study of Silent Nights suggests that these patches may be one of the preferred potential approaches to significant improvement in sleep."

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