Use our Sleepy Baby™ LED Light for
NATURAL SLEEP TRAINING
Sleepy Baby™ LED lighting for improved circadian rhythm development for a good night's sleep.

SLEEP TRAINING THE NATURAL WAY

- Most indoor lighting provides too much light at night and too little light during the day, which can prevent infants and their parents from getting a good night's sleep.
- Our light delivers a patented, biologically corrected light source for use during your nightly bedtime routine, sending natural signals to promote sleep.
- Recent research from Harvard Sleep Clinic shows biologically corrected light to be a positive contributor to a good night's sleep.
- Our sleep lighting technology was developed in conjunction with NASA to help astronaut sleep and wake cycles while on the International Space Station.

Infant Circadian Development

<table>
<thead>
<tr>
<th>Age</th>
<th>Description</th>
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<tr>
<td>Birth-1 month</td>
<td>Infant sleep hormones are not yet produced and they rely on mother's breast milk for melatonin</td>
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<tr>
<td>2-3 months</td>
<td>Infant begins to produce melatonin and begins to form its own sleep patterns with light cues</td>
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<tr>
<td>4-5 months</td>
<td>Sleep/wake patterns become more apparent and engrained with appropriate light cues</td>
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<tr>
<td>6+ months</td>
<td>Babies are ready for sleep training and will rely on sleep cues to balance their circadian rhythms</td>
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DEVELOPING A BEDTIME ROUTINE FOR BETTER SLEEP

1. Remove all other light except the Sleepy Baby LED light from your child's nursery. (Laptops, cell phones, televisions and tablets all emit blue light which can keep you alert and disrupt sleep.)

2. After a warm bath and soothing massage, ease your infant to sleep with quiet time together. Read a story using the warm, comfortable light of the Sleepy Baby LED light bulb.

3. Once your baby is asleep, be sure to turn off your Sleepy Baby LED light. It's always best to sleep in complete darkness.

Research