



RESOURCES we use to PROMOTE SLEEP *

** Here are some of the products we use for this program. We do not receive any financial remuneration from these products. We are hoping to assist you in learning where to get this stuff!*

Fireplace video: VJWorld.com or on Amazon.com \$8.99

Light Visor: <http://www.jazdcap.com/products.php> \$15, - \$19.

Hug Light: www.Huglight.com go to bottom and click on wholesale pricing for \$6 - 6.50 each

Amber Film: Sales@crescentmoonprod.com Phone 763-913-7919 21"x24" sheet for \$4.20

Amber Sleeves for lighting: www.lightingplastics.com Lighting plastics of MN 800-827-5367, \$4.20

Hunter's Flashlight with Interchangeable Lens : Cabela's hunter flashlights with changeable colored lenses and bulbs, Pelican 2370 Flashlight White, Red, and Blue LED Bulb, \$55.76

Light meter LX1010B 50,000 lux luxmeter with ICD display Amazon.com \$13.

Silent Pill Crusher: Silent Knight by Medline, NONSK0100 Amazon.com \$77.

Wireless Stereo Headphones: Rocketfish Over-the-Ear 2.4 GHz Digital Wireless Stereo Headphones, Model RF-WHP212, \$79.99

Mini Sound meter: Mini Digital sound meter by Newstone Products Amazon.com \$32.00

ExTech Datalogging Sound Level Meter for overnight or 12 hour recordings: www.Extech.com \$649.00

Actigraphy: Actiwatch Spectrum by Philips Respironics;
<http://actigraphy.respironics.com/applications/cbti/actiwatch.aspx>

WellAWARE: www.wellAWAREsystems.com

