

Supplies we used to PROMOTE SLEEP *

** Here are some of the products we used for this program, we are sharing this list to avoid 100 emails on where to get this stuff!*

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

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

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

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

Happy Light- multiple manufactures, found online \$39.00

Gradual Wake Up Light- multiple manufacture, found online \$85.00

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

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

Actigraphy: Actiwatch Spectrum by Philips Respironics

Purring kitten, weighted baby, weighted blanket, blanket warmers all used to calm resident and found online.

