



## Silent Nights

Silent Nights gently nurtures restfulness, which cultivates restorative sleep. Embrace the art of deep relaxation, as each new day presents a blank canvas of possibility.

- Relaxation enhances quality of sleep
- Relaxation can improve length of sleep
- A healthy sleep enhancer
- No drugs or stimulants
- Patented form of phototherapy

Contains 30 Patches



HEALTHY SLEEP  
ENHANCER



NO DRUGS  
OR STIMULANTS



PATENTED FORM  
OF PHOTOTHERAPY

### What Is Phototherapy?

The science of phototherapy, which has been around for about 100 years, uses light to improve the health of the body. As far back as two thousand years ago, the ancient Greeks had a center for studying the effects of different colored lights on the body. 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, including heat in the infrared spectrum. Our patches are designed to trap this infrared energy when placed on the body, which causes them to reflect it back to stimulate specific points on the skin that can promote a general state of health and healthy activity unique to each LifeWave patch.

### What makes one LifeWave patch different than another?

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

### INSTRUCTIONS

Place one Silent Nights patch on the body. Apply the patch to clean, dry skin in the evening. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.

### WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.

For full patch placement guides please see *Product Instructions For Use* or [Lifewave.com](http://Lifewave.com)

LifeWave Brand Partner Contact Details: