

"As a Sleep Disorders Physician, I see many patients with body clock problems which can be readily managed with light therapy. The Re-Timer glasses have been an excellent tool for helping to treat these under-diagnosed disorders. Their ease of use and portability make them an excellent option for treating body clock disorders."

Dr. Marcus McMahon

"Being a shift worker, Re-Timer helped me where nothing else did, especially when working night shift."

Gary Fenton (Re-Timer Customer)

"I have been an insomniac since I was a child and have tried many different medications, with most either not working or leaving me feeling drowsy and still not fully rested the next day. Re-Timer actually does work and while the light takes a bit of getting used to it's well worth it! Re-Timer has made it possible for me live a normal life."

Robert Adams (Re-Timer Customer)



Ask about how you can change your sleep pattern today.

RE-TIMER

www.re-timer.com
support@re-timer.com

RE-TIMER

Change your sleep pattern to suit your lifestyle.



Wear Re-Timer to change your sleep, avoid jet lag, manage shift work fatigue or treat the winter blues.

Worn like a pair of glasses, Re-Timer is university-developed and scientifically proven to re-time your sleep pattern.

Research has shown that appropriately timed light at the right wavelength can change your sleep pattern and minimise the effects of jet lag, shift work and the winter blues. Re-timing your body clock can help you sleep when it suits you.



The Re-Timer technology has been developed through 25 years of research by leading sleep psychologists Professor Leon Lack and Dr Helen Wright at Flinders University in Australia.

Re-Timer is a drug free solution and the 100% UV-free way to receive light when it's convenient for you.

How does it work?

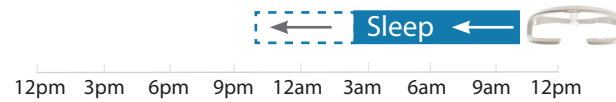
When light is received by photoreceptors in our eyes, a signal is sent to our brain telling us to be awake and alert.

Our levels of melatonin, a hormone produced in our brain, vary in a 24-hour cycle and normally increase at night causing us to feel sleepy at this time. Modern lifestyles and other factors, however, interfere with this natural cycle.

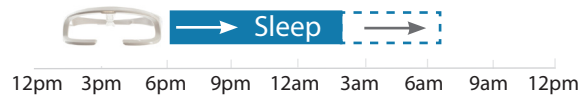
Using Re-Timer 30 minutes a day for three days can regulate your body's production of melatonin and re-time your body clock.

When do I wear Re-Timer?

To fall asleep earlier and wake up earlier, wear Re-Timer for at least 30 minutes in the morning.



To fall asleep later and wake up later, wear Re-Timer for at least 30 minutes in the evening.



For more information on when to wear Re-Timer for jet lag, shift work and the winter blues, or to create your own customised sleep schedule using our online calculators, please visit: www.re-timer.com

Can I perform other tasks while wearing Re-Timer?

Yes. Re-Timer is portable, designed to fit over reading glasses and the light source is soft so you will not be inhibited from reading or working.

Why is the light green?

University studies have shown green light to be the most effective wavelength in changing the body clock. Other light sources, such as white light, are less effective. This wavelength is also UV-free and safe for your eyes.

Is the battery rechargeable?

Yes. Re-Timer comes with a USB cable for recharging. Once the battery is charged it will last approximately 4 hours or for one week of use.

"This device changed my life. I now look forward to going to bed, I fall asleep easily and I get to spend more time with my family as I get up earlier than I used to. I also feel more energetic when I use the light."

E. Cassidy (Re-Timer Customer)

