

For millions of people who long for a good night's sleep but find traditional remedies such as drugs, sound machines or natural supplements to be ineffective, help is on the way. A Portland, Oregon engineer has developed the first sleep-assisting device that silently helps the user adjust his or her breathing rhythm to a pattern that guarantees natural sleep.

The NightWave™ Sleep Assistant is based on simple breathing techniques guided by waxing and waning blue light patterns projected into a dark bedroom. Blue light has long been known by sleep researchers to be effective in balancing the body's sleep-wake cycle through specific receptors in the eye that interpret blue light as daylight. When the brain sees this blue light fading away, the brain may interpret this as "time to sleep." There are numerous blue light-based sleep products on the market, but the NightWave takes the idea one step further.

"This device is for people who experience common insomnia due to stress, an overly active nervous system, restless thoughts or feelings of agitation," says Steven Parsons, inventor of the NightWave System. "It helps the user relax by radiating a pulsing blue light to which the user synchronizes his or her breathing. In just a few minutes the breathing has slowed to a rhythm that promotes drowsiness and sleep." Parsons is so confident in the effectiveness of the NightWave that his company, Coherence Resources,



Inc., offers a money back guarantee. "I don't know of any other product on the market that does this," reports Sherry Duwe, clinical director of the Sleep and Mood Clinic of Oregon. "The NightWave is a welcome addition to our set of professional tools for helping people

with their sleep." Based on scientific research, traditional health practices and ancient Yoga breathing techniques, it is widely known that proper breathing can improve day-to-day health as well as sleep patterns. The NightWave system guides the user in a

simple pre-sleep meditation while projecting the soft blue light into the darkened bedroom. The luminance of the light slowly rises and falls. With eyes open, the user synchronizes his or her breathing with the blue wave as its movement becomes slower and slower. After a

short time, the NightWave shuts off and sleep is guaranteed.

"We have proven again and again that this system really works," says Parsons. "And unlike other sleep remedies, the NightWave is silent, requires no wires or goggles, doesn't have the side effects of drugs, and in the long run is less expensive and more effective than herbal remedies or other supplements."

Coherence Resources also offers a second product, which is based on a similar concept and designed to alleviate stress in the workplace. The product is a piece of software called "Smooth," that displays a small shape on your computer screen. The shape expands and contracts according to the speed you prefer, so that you can match your breathing to it while you work. Parsons says Smooth is perfect for high-pressure work environments.

"Imagine sitting at a computer all day, with deadlines approaching, your shoulders hunched and your breathing shallow. It's something we all experience. Smooth can help you to breath deeply, jump-start your energy, refresh your brain and give your body a chance to relax without having to leave your desk."

VictoriaHealth.com Ltd., a U.K. company is planning to distribute the downloadable version of Smooth worldwide. RelaxUK will distribute the CD version. A Macintosh version is in development.

Consumers can order the NightWave online at www.nightwave.tv.