**LIFEMAX PRESS RELEASE**

**Soothing Sounds Nightlight**

Here at the Lifemax we have been on an intrepid search for the latest ways to make life easier, healthier and more enjoyable for all the family. Our latest discovery and addition to our Mood and Relaxation range is the Soothing Sounds Nightlight.

Sleep is vital for our mental & physical health. A good night’s sleep has remarkable restorative properties that can keep your heart & immune system healthy. Sleep gives your body the respite needed your brain is busy with memory consolidation and processing your daily activities.

Insomnia can take its toll on your energy, mood and ability to function. It can also influence your immune system and contribute to high blood pressure, heart disease, obesity and diabetes, so it really is important to get your 8 hours sleep a night.

Dealing with Insomnia can be incredibly frustrating and to combat the effects of sleeplessness it is important to stick to a sleep schedule, go to bed and get up at the same time every day and make sure you turn off “screens” an hour before you go to bed. A sound machine is also a good investment to help induce and maintain a good night’s sleep, its relaxing noise will unwind you and distract your brain from waking you in the night from a noisy neighbour or from a household creak.

 The Lifemax Soothing Sounds Nightlight with breathing regulation feature will help you gently drift off into a restful sleep. The choice of 20 realistic nature sounds and tranquil compositions will help you unwind, while the breathing regulation feature will guide you into a deeper, fuller sleep.

Simply select your desired sound from babbling brook, rainstorm, crashing waves, summer night, fan and white noise, open your eyes and follow the slow pulsing nightlight. Synchronise your breathing; Inhale when the light is at its brightest, exhale when the light fades. This alignment of breathing will gently put you into a fully relaxed state, freeing your mind and encouraging a peaceful night’s sleep.

Great to help combat insomnia, relieve stress and offer respite from Tinnitus.

With a simple, intuitive design, operation is as easy as pressing a button. As well as continual sound & light therapy, the Dream Light also includes 15, 30 or 60 minute timer allowing you to drift off naturally into a restful, deep sleep.

**RRP -** £44.99

Available at [www.lifemaxuk.co.uk](http://www.lifemaxuk.co.uk)

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