

WELLNESS BENEFITS

Sleep is the foundation of wellbeing and recovery, especially for athletes. Poor sleep has many health consequences and materially impacts performance and recovery.

Even mild sleep deprivation has demonstrated a 20% increase in reaction times and degrades athletic performance a similar effect of having a blood alcohol level of .05%. Following 1 poor night's sleep, athletes were nearly twice as likely to get injured.

Red light dramatically improves sleep quality and endurance performance of athletes. Using RLT increased melatonin secretion (70%) and enhances muscle regeneration. This will lead to decreased time to sleep, longer sleep cycles, and increased deep sleep (and therefore raised HGH levels during sleep).

Red light doesn't upset your circadian rhythm like blue light can, and it can have the opposite effect making it ideal for ambient evening use.

Skin health benefits hugely from RLT use. Red light stimulates both collagen and elastin production, which dramatically reducing fine lines and wrinkles, as well as the appearance of scars, surface varicose veins, acne, and cellulite. PBM is a safe and non invasive alternative to injections and surgeries for anti aging and skin rejuvenation.

Cognitive Function benefits.

Researchers have found that RLT profoundly benefits the brain and executive function . It increases neurocognitive function with improvements in sustained attention and short term memory retrieval

Patients who have suffered TBI report improved cognition, better sleep, and enhanced recovery using a RLT protocol. This is hugely promising for athletes involved in contact sports, but also those individuals who suffer from neurodegenerative conditions. RLT shows potential for improving depression, SAD and mental health treatments. Studies demonstrated antidepressant properties with a significant effect. Trials have shown that light therapy treatments increase antioxidant and serotonin levels , while decreasing cortisol, oxidative stress, and neuroinflammation . These demonstrate anti depression and anti anxiety effects.

