Jet Lag Mitigation & Post Flight Recovery Resources

Applications

Timeshifter: Link

Light Therapy Systems

1. HumanCharger: Link
2. Glasses: Link
3. Portable Light: Link

Sleep Masks

1. Side Sleeper: Link
2. Weighted: Link
3. Traditional: Link

Circadian-Shifting Smart Sleep Masks

Lumos: Link

Blue Light Glasses

1. Daytime: Link
2. Afternoon: Link
3. Evening: Link
4. Night: Link

Grounding Mats

1. Floor Mat: Link
2. Bed Mat: Link
3. Bed Sheets: Link

Portable Red Light Room Lights

1. Wall Light: Link
2. Reading Light: Link
3. Desk Light: Link

Delta Waves For Sleep

Youtube: Link

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Beta Waves For Morning, Energy & Focus

Youtube: Link

Cooling Down In Hot Hotel Rooms

1. Portable Fan: Link
2. Cooling Blanket: Link
3. Cooling Gel Pillow Mat: Link
4. Portable Window Blackout Shades: Link

Noise Reduction Sleep

Disposable: Link
Reusable: Link

Sensory Sleep Aids

1. Organic Cinnamon Sticks: Link
2. Organic Cured Vanilla Beans: Link