In the age of technology, we are constantly surrounded by computers, iPads, cellphones, iPods, iWatches, television, ereaders, GPS’s, etc. – all of which emit blue light. Blue light exists within a specific wavelength of visible light, which strongly inhibits melatonin (our sleep hormone) production.

Blue light blocking glasses are engineered to prevent the transmission of these light waves to our brains, reducing the sleep deteriorating effects of the blue light released from all of our technological devices.

Advancements in technology have allowed for the development of sleep tracking devices (i.e. SleepTracker Watch or smartphone apps) that characterize your sleep patterns. They can tell you how long you slept for and how much time you spent in each stage of sleep (REM vs. Non-REM stages 1, 2, 3, and 4).

Some devices also allow you to program a window of ‘wake up’ time during which the alarm sounds during your lightest phase of sleep to reduce grogginess upon waking.

A traditional blend of calming herbs from the Algonquin wilderness have been shown to help induce sleep. "Dreams feel real while we're in them. It's only when we wake up that we realize something was actually strange." – Cobb, from the movie Inception