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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Lumie Dawn Simulation Wake Up Clocks – The perfect Start To Your Day!

By Tzaf

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Wake up to a gentle simulated sunrise that keeps you in perfect harmony with your rythm of life.

Light plays a crucial role in the synchronisation of your circadian rhythm – (sleep/wake patterns). The suns daily cycle of light and dark regulates many of the bodys important hormonal and biochemical processes. It is our external time keeper – keeping our vital biological clock running smoothly.

Without these light time cues or 'zeitgebers' given by natural light and dark, the underlying rhythm of the human body 'free runs' and gets disrupted.

The patented Bodyclock – Dawn simulation wake up clock is an alarm clock that works with light rather than sound producing a very gradual increase in light levels mimicking a natural sunrise in the period immediately before waking. This triggers a gentle and peaceful wake up response running in tune to your natural biorhythm. The signal gets your body going even before you open your eyes so you wake up feeling alert, positive and energised. And at bedtime you can also set your Bodyclock – Dawn simulation wake up clock to fade to darkness helping you to wind down and fall asleep. By regulating your melatonin cycle in this way the Bodyclock – Dawn simulation wake up clock helps you to keep melatonin levels high at night making you sleepy and low in the day keeping you alert. Your sleep soon becomes regular, refreshing and re-vitalising.

The Bodyclock – Dawn simulation wake up clock incorporates a lamp with a built in dimmer so it serves as both a sophisticated bedside light as well as providing the gentle dawn simulation wake up function. For new users who are often anxious that it might not wake them up, it includes an audible alarm after the light has reached full although most people find that they are fully awake just in time to prevent the beeper sounding.

Available in two models – Standard and Advanced Programmable featuring additional personalised options, Nightlight Feature/Snooze Option, Security option and intelligent LCD display.

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Do you have difficulty waking up on dark winter mornings?

By Tzaf Barak

Do you have difficulty waking up on dark winter mornings? by Tzaf Barak

Cunningly eradicate the shock and awe of being woken up by a buzzing alarm! LUMIE body clocks switch on a light that slowly shines from dim to bright in an imitation of sunrise.

Our daily internal body clocks or circadian rhythms synchronise the timing of our wake/sleep patterns and our interactions with the outside world.

Our body clocks are naturally conditioned and cued to respond to light signals or 'zeitbeigers' to awake at sunrise and sleep at night. Any disruption to these deeply ingrained biological rhythms can affect our body clock making us feel tired, listless, moody, irritable, depressed and crave carbohydrates and more easily succumb to illness.

Waking up to the shrill burst of an alarm clock when it is dark can send shudders through the system. In winter most of us have to wake up when it's dark, when our body clocks want to wake up at dawn. We are constantly toying therefore with our biological clocks in this way getting into unnatural sleep wake patterns and that's why the short and long term effects on our health can be profound.

LUMIE Sunrise Alarm Clocks are an amazing invention, employing circadian principles to work in harmony with our circadian rhythms. Changing over to waking up with LUMIE Sunrise Alarm Clocks can be life changing. It's the gentlest most natural wake up call, especially on those dark gloomy mornings - waking up will never be such a trial again!

With the LUMIE Sunrise Alarm Clocks (Three Models - Standard, Classic and Advanced) as your preset waking time approaches, the clocks light begins to gradually shine from a faint glow becoming brighter when its time to wake. It might not be easy to believe but the light wakes you up every time. (If you're still not convinced there is a back up alarm).

When waking up to a dawn simulation - where ever you are – your body clock tells you its time to wake. None of that wanting just a few minutes more -and more - and more.....- you wake up refreshed and bright - full of energy and ready for the day ahead - everyday!

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You can also use the clocks relaxing sunset mode to help you get to sleep naturally too. When you are ready to go to sleep, switch off your overhead light and switch on the LUMIE Sunset sequence. As the light dims from bright to feint - and finally off so your body clock responds and begins to adjust to sleep, the body unwinds and relaxes and falls away into deep and refreshing sleep.....

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