

Allay Lamp

You might have noticed your therapist use a green light during the course of your treatment. This light was designed by Harvard neuroscientist and researcher, Rami Burstein. On a daily basis, the light we see generates electrical signals in our eyes, which cause a reaction in the brain. After a decade of research, Prof. Burstein discovered that this specific green light is the most soothing light for our brain.

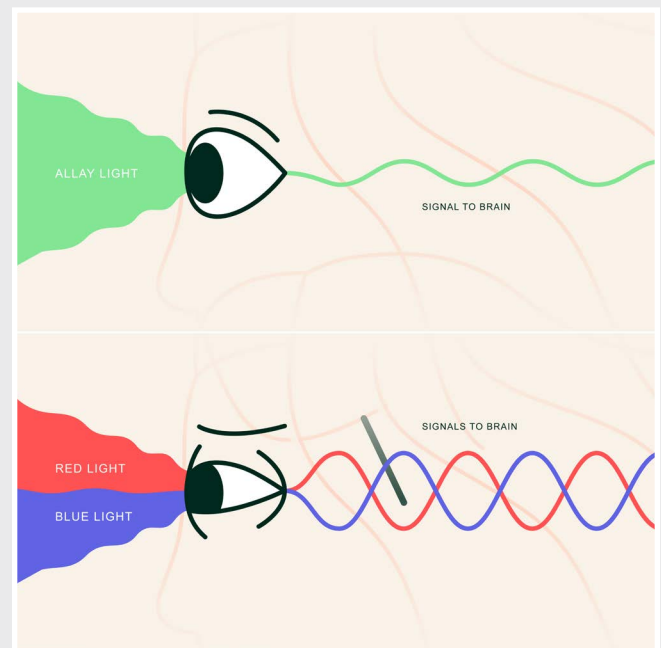


“The studies show that every day light, made up of all the colors of light - red, yellow, green, blue, etc. generates large electrical signals in the eye and brain, which tend to hurt people with light sensitivity. In contrast, a very specific narrow band of green light - which is the only light emitted by the Allay Lamp - generates small electrical signals in the eye and brain and therefore does not hurt people with light sensitivity.”

Many individuals with headache and migraine have a tendency to be more light sensitive, as larger electrical signals from regular daylight make the brain more agitated, generating a greater headache response. Using the lamp helps to reverse this, by calming the brain to reduce the aggravation of headaches and migraine.

Practical tips:

- Block all other sources of light.
- Place the lamp in front of you in a dim setting or behind you at a brighter setting.
- Use it for at least 30 minutes, but Allay recommends up to 2 hours if possible.
- You don't need to look directly at the light, but you may if you enjoy it.
- Avoid your television, smart phones, laptops and ipads during this time. Instead we encourage you to practice your stretches, meditate, or read your book.



For more information and to receive a **10% discount**, scan code or visit: allaylamp.com and enter BARROW10 at checkout.