

FOR THE SHIFT WORKER

THE BODY NEVER ADJUSTS TO THE OVERNIGHT SHIFT. BEST COPING TOOLS.



BLUEBLOCKERS

\$20



\$59

LIGHT THERAPY LAMP

**KNOCK ME OUT
HERBAL TEA**

\$7



\$13

EARPLUGS

DIMMY'S

\$9



**SPRAYABLE
SLEEP/ENERGY**

\$45



WWW.STARTWITHSLEEP.COM