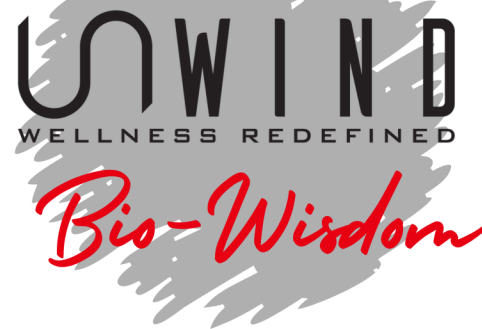


# Benefits of **EWOT** & Sleep



Tossing and turning at night? Struggling with poor sleep or waking up feeling tired? EWOT may help calm your body, improve oxygen levels, and reset your sleep cycle — naturally.

## WHAT IS EWOT?

**EWOT stands for Exercise With Oxygen Therapy.** It combines light movement (like walking or cycling) with breathing in high-concentration oxygen (up to 95%). This oxygen-rich blood helps your brain and body function better, including the systems that regulate sleep. Think of it as a natural way to restore energy during the day — so you rest more deeply at night.

## HOW EWOT SUPPORTS PAIN & INFLAMMATION

EWOT helps your sleep by:

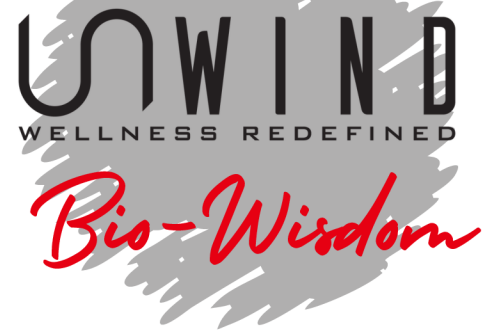
- **Calming the nervous system** – Helps reduce anxiety, stress, and restlessness.
- **Boosting oxygen to the brain** – Supports the sleep centers in your brain.
- **Regulating cortisol and melatonin** – Balances sleep hormones naturally.
- **Improving energy during the day** – Helps reset your body's natural sleep-wake rhythm.
- **Enhancing detox and circulation** – Clears out waste that can disrupt restful sleep.

## WHAT PEOPLE OFTEN NOTICE

- Falling asleep more easily.
- Deeper, more restful sleep.
- Waking up less during the night.
- Feeling more refreshed and alert in the morning.
- Less anxiety and racing thoughts before bed.

**HYPE FADES, SCIENCE STAYS**

# Benefits of **EWOT** & Sleep



## WHAT THE RESEARCH SUGGESTS

Research on oxygen therapy and gentle movement shows:

- Better oxygenation of the brain improves sleep quality.
- Reduced inflammation and oxidative stress, which are linked to insomnia.
- Balanced circadian rhythms through improved hormone regulation.
- Enhanced recovery and energy balance, promoting healthy rest.

EWOT helps prepare your body for restful, rejuvenating sleep — naturally, without pills or side effects.



**HYPE FADES, SCIENCE STAYS**