

# Red Light Therapy

## & Your Sleep Experience



To understand how red light therapy (**RLT**) improves sleep, we need to look at its impact on our mitochondria, those tiny powerhouses within our cells.

It turns out that melatonin, the sleep hormone, is crucial for healthy mitochondria. Melatonin acts like a guardian, protecting these energy factories from damage and helping them regenerate while we sleep.

### Here's how melatonin benefits our mitochondria:

- **Protects against damage:** It shields them from harmful free radicals.
- **Keeps them functioning optimally:** It ensures they produce energy efficiently.
- **Acts as a brain protector:** It helps prevent oxidative stress, which is linked to neurodegenerative diseases.

May contribute to anti-aging: Healthy mitochondria are essential for overall health and longevity.

Interestingly, melatonin isn't just produced in the brain. It's found throughout the body, in organs like the liver, kidneys, and even your skin.

This means that whole-body RLT could potentially boost melatonin production throughout the body, leading to better sleep and overall health.

