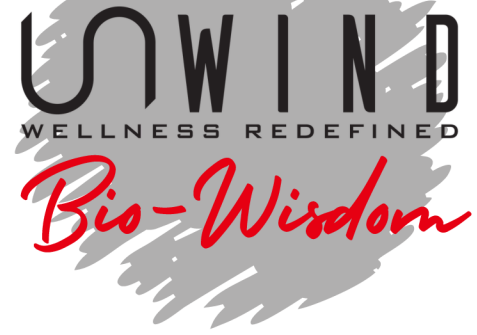


Benefits of PEMF Therapy On Sleep



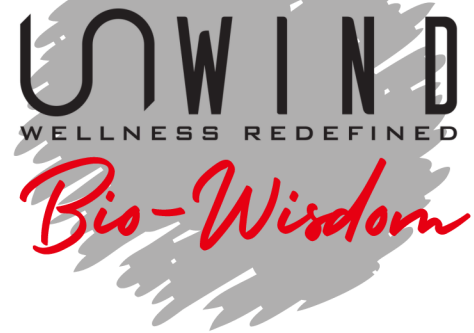
Getting a good night's sleep is essential for your body and brain to recharge, heal, and stay healthy. But many people struggle with falling asleep, staying asleep, or feeling rested in the morning. **That's where PEMF therapy—Pulsed Electromagnetic Field therapy—can help. PEMF uses low-frequency energy to gently stimulate your cells, helping your body relax and function more naturally. It's safe, non-invasive, and feels calming—many people even feel more rested after just one session.**

HOW PEMF SUPPORTS BETTER SLEEP:

- **Calms the nervous system:** PEMF helps shift your body from "fight or flight" mode into "rest and relax" mode by supporting your parasympathetic nervous system.
- **Improves brainwave patterns:** It can encourage the brain to produce more alpha and delta waves, which are linked to relaxation and deep sleep.
- **Reduces stress and anxiety:** PEMF has been shown to lower cortisol (stress hormone) levels, helping your mind feel more at ease at bedtime.
- **Supports natural melatonin levels:** Healthy sleep depends on melatonin, your body's natural sleep hormone. PEMF may help your body regulate its sleep-wake cycle more effectively.
- **Helps with pain or discomfort:** If pain or physical tension is keeping you up at night, PEMF can help relax muscles and reduce inflammation, making it easier to rest comfortably.

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Benefits of PEMF Therapy On Sleep



HOW PEMF MAY HELP YOU:

- Struggle with falling or staying asleep.
- Wake up feeling tired.
- Deal with stress, anxiety, or racing thoughts.
- Have pain or discomfort at night.
- Want a natural, non-drug sleep aid

WHAT TO EXPECT

PEMF therapy works with your body — not against it — to help you sleep more deeply, wake up refreshed, and feel better every day.



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