

# SILENT NIGHTS

## THE SLEEP PATCH



### What it does

- Enhances **quality of sleep**
- Increases serotonin levels
- Increases melatonin levels
- Supports restful sleep
- Improves sleep quality
- Increases sleep duration
- Does not induce melatonin dependency

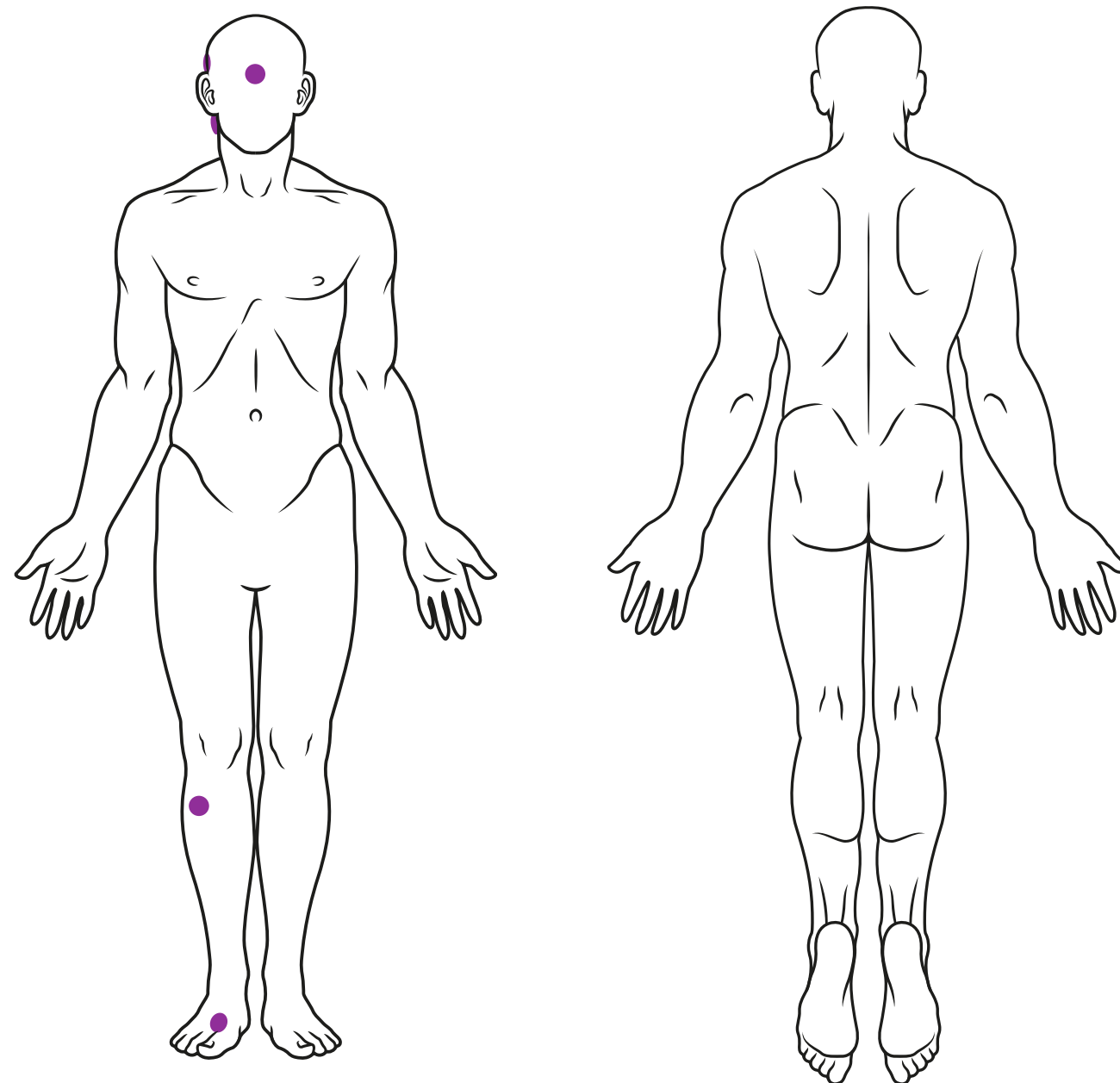


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# Every great day starts the night before

Silent Nights helps you peacefully dive deeply into the various restorative levels of sleep and awaken feeling refreshed.



## How to use

- Apply the patch to clean dry skin before bedtime.
- Wear patch continuously for approximately 12 hours before removing and discarding.
- Stay well hydrated.

## How it works

The non-transdermal patch contains a mesh lattice made of organic materials that reflect your body heat in the form of a precisely modulated low level infrared light.

Various wavelengths of light are reflected back into the body which signal the body to activate a specific peptide occurring naturally in the body. This enables the body to revert to a more youthful state through cellular regeneration, energy flow and other restorative changes.