

LANAFORM

Home Health Experience

Nuxo

SLEEPING AID USING  
LIGHT AND SOUND



# A simple, natural solution for sleep disorders

*Almost **40% of French people** are  
affected by at least one **sleep disorder***





A common factor in these disorders is the critical phase of falling asleep. The balance of this phase can change quickly due to obsessive thoughts or a noisy environment.

**Nuxo**, our new product dedicated to sleep, meets  
a very specific need: **to fall asleep more easily.**



## Prepare for a good night's sleep

Combining 4 **natural sleep aid solutions**, our Nuxo is the most comprehensive sleep aid on the market, helping anyone suffering from **sleeping problems**.

-  Cardiac coherence breathing exercise
-  White noise
-  Sounds from the world of nature
-  Sunset

All these are recognised techniques, bringing you to a state of calm and refreshment, making it easier for you to fall asleep.



## Sleeping aid

Sleep aid using light cycles is based on the principle of **cardiac coherence**. The light (projected on to the ceiling or diffused by the bedside lamp) increases for 5 seconds, then decreases for 5 seconds.

The aim is to **synchronise your breathing** with slow, regular cycles so you become less alert, let go and get to sleep in just a few minutes. By concentrating on the light, the user pays less attention to the **flow of their thoughts**, which stimulates their wakefulness centre.

With their hypnotic effect, light cycles gradually take the user to 6 breaths a minute. A regular rhythm, where breathing out takes longer than usual, causes a **feeling of drowsiness**.







## White noise

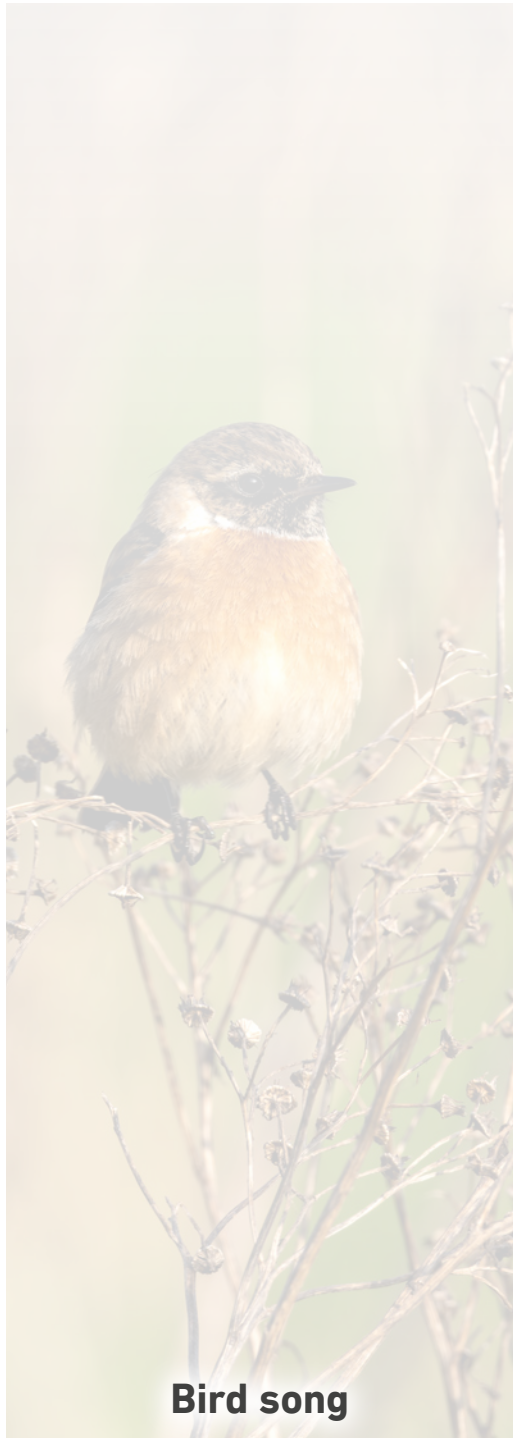
White noise is a **continuous neutral sound** that covers up ambient noise. Its diffusion causes the user to relax by focussing on undifferentiated noise, their brain activity decreases and the worries that kept the user from falling asleep take a back seat.

**White noise** is the product of a random combination of different wavelengths resulting in a certain uniformity, such as light rain or the sound of a fan.

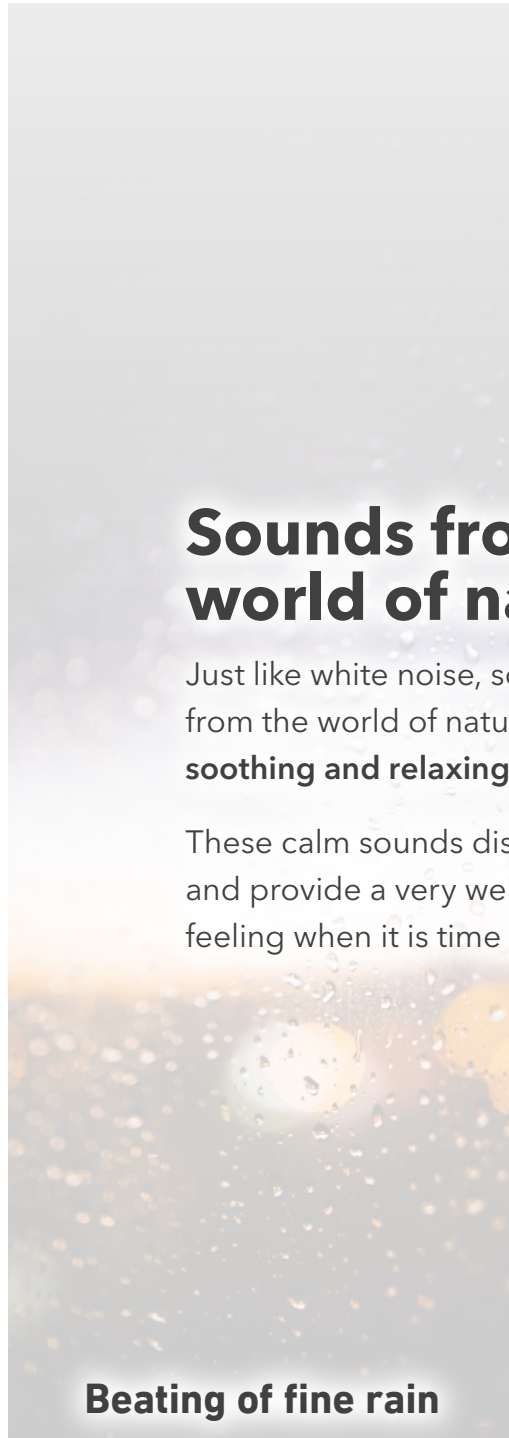
**Pink noise** is a variation of white noise. The difference lies in the intensity of the higher frequencies, which are slightly reduced.

The diffusion of white noise also applies to those suffering from **tinnitus**.

As part of sound therapy, listening to white noise allows you to focus on a sound other than that produced by your **tinnitus**. The brain then focuses on white noise and abandons the sounds of tinnitus.



**Bird song**



**Beating of fine rain**



**River running**



**Crackling of a wood fire**

## **Sounds from the world of nature**

Just like white noise, some sounds from the world of nature naturally have **soothing and relaxing** properties.

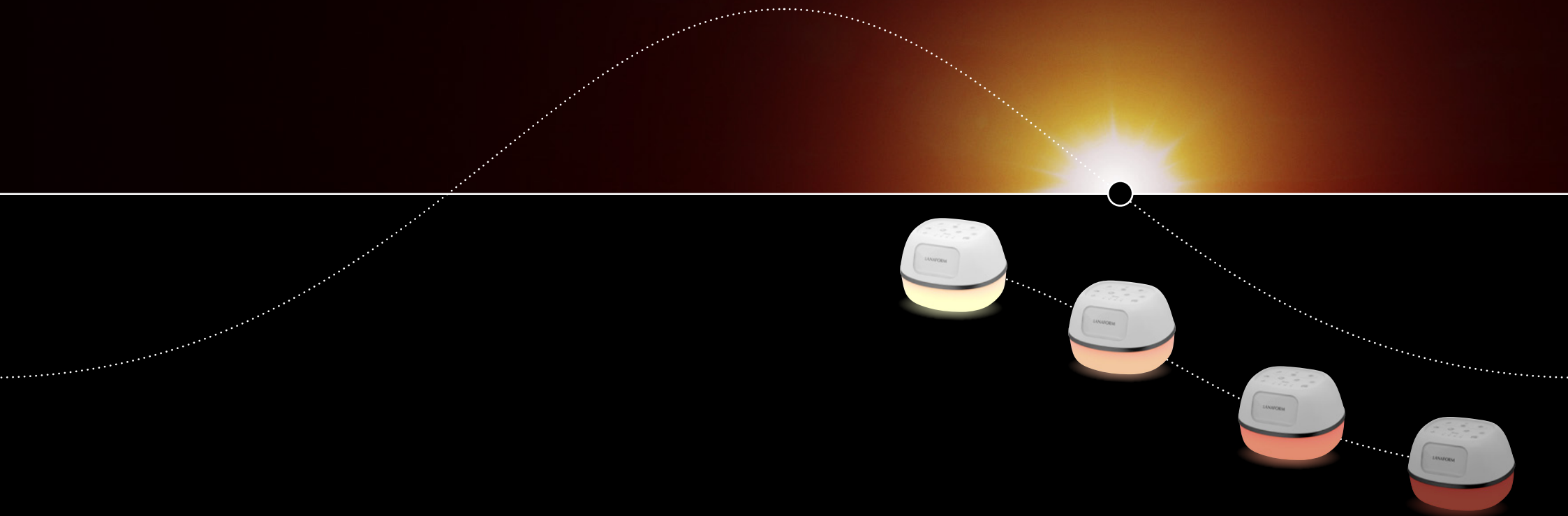
These calm sounds dispel **ruminations** and provide a very welcome calming feeling when it is time to fall asleep.



# Sunset simulator

The sunset simulator reduces the light gradually to simulate the **sunset**. It uses shades of orange gradually changing to a warm red so as not to hamper the secretion of melatonin and to help you gently fall asleep.

The wavelength of the red light will encourage you to fall asleep and cause melatonin to be secreted more intensely while reducing the production of cortisol, the wakefulness hormone.



## Bedside lamp

Nuxo is also fitted with a bedside lamp, the intensity of which can be adjusted on 5 levels.

## Timer

Each function can be activated individually with a 10-minute, 20-minute or 30-minute timer depending on how long it takes you to fall asleep or unlimited for all-night operation.







Master Box Dimensions  
34.5 × 31.7 × 34.9 cm



Master Box Weight  
4.2 kg



Colour Boxes / Master Box  
8



Colour Box Dimensions  
17.0 × 17.0 × 15.0 cm



Colour Box Weight  
0.500 kg



Voltage  
DC 5V === 1A

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