

Sula launches the first discrete light therapy wearable that improves sleep and helps *shift workers* and *frequent fliers* balance their body clock with their work schedule.

Dublin, Ireland - [21st July] – [Sula Health](#), a new Irish consumer technology business that is helping people achieve a balance between their sleep and lifestyle demands is launching their first product, Sula glasses and app. A beautifully designed discrete and stylish wearable device that delivers research-backed light therapy through cutting edge technology which is all designed to improve the users sleep quality.

“As more people spend long hours working indoors on computers our circadian rhythm struggles to reconcile its daily rhythms with our lifestyle demands” said Founder & CEO, Damien Kilgannon. “That is where light therapy and Sula can help by supplementing the bodies circadian rhythm with light to simulate the effect of natural sunlight, ensuring the user gets optimal sleep.”

The ultimate in sleep improvement wearables. Sula glasses are a revolutionary take on eyeglasses frames – with built in lightweight electronics that deliver light therapy resetting a user’s circadian rhythm. A single 30 min light therapy session each morning is all that is required to sync the user’s body clock with their lifestyle and improve their sleep. With the bonus added benefit of special artificial light filtering lenses that protect the user’s circadian rhythm from further disruption. Improving sleep in a non-invasive and safe way.

Resetting your circadian rhythm so that it is aligned with your lifestyle needs has serious benefits for health and wellbeing while improving your sleep quality and consistency but also when adjusting to night shift work or dealing with jet lag.

“As air travel returns, Sula will play a key role worldwide to help long haul passengers overcome the debilitating effects of jet lag” adds Kilgannon. “Sula will also be extremely beneficial for shift workers like nurses, doctors and care providers who regularly work night shifts.”

Firmly grounded in chronobiological research which has demonstrated the potential of light therapy to suppress melatonin synthesis and with further research showing that timed use of light therapy early in the day will advance a person's circadian rhythm and exposure later in the day will delay a person's circadian rhythm. The same light therapy NASA astronauts have been using in space to manage their sleeping patterns.

"During the Covid-19 lockdown, we have all been spending long hours working indoors on computers causing our circadian rhythm to struggle when trying to reconcile with our sleep with our lifestyle demands" said Kilgannon. "This is another key area where light therapy and Sula will help by simulating the natural effects of sunlight, helping the user get optimal sleep."

Former airline chief, Dermot Mannion, on a new innovative product in the aviation travel retail.

Dermot Mannion, former Aer Lingus CEO and President Group Support Services - Emirates, has been acting as an advisor to Sula Health since the project was launched two years ago and has worked with the team as they developed from concept to a fully-fledged product.

"My initial interest in Sula was sparked by the obvious benefits for long haul travellers. In addition, it has become clear over time that Sula will be of benefit to a much broader customer base which includes personnel working long and often unsocial hours. Indeed, anyone whose daily routine is subject to disruption from time to time can benefit from Sula glasses. A feeling we have all come to know very well in this period of lockdown!", said Dermot Mannion. Who goes on to say, "In the aviation industry of the future, smart new ideas on 'wellness in the air' will be one of the keys to success. For that reason, I am delighted to have been working closely with Sula Health on the development of their exciting new wellness product".