

SLEEP

RA Optics Blue Light Blocking Glasses



Price point: \$145

<https://raoptics.com/pages/ben-greenfield>

"Ra Optics, is hands down, the BEST blue light protection eyewear I've found."

- Ben Greenfield, Health & Fitness Expert

West Elm Velvet Blackout Curtains



Price point: ~\$45-90

<https://www.westelm.com/>

Blackout curtains can be a great way to enhance your sleep environment and contribute to a better night's sleep.

60 Day Reset

Price point: ~\$100/mo

<https://www.abbyenglandwellness.com/60-day-reset-diet/>

My 60 Day Reset Group Coaching program prioritizes the four pillars of health, helping you create sustainable night time routines that support optimal sleep.

60-Day **Reset Diet**
Virtual Group Coaching Program

