

HALOTHERAPY and SLEEP



Sleep

Sleep is the resting state in which the body is not active and the mind is unconscious.

Snoring & Sleeping Problems

Snoring occurs when a person makes a snorting or rattling noise when they breathe during sleep.

Snoring is the hoarse or harsh sound that occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe. Nearly everyone snores now and then, but for some people it can be a chronic problem. Sometimes it may also indicate a serious health condition. In addition, snoring can be a nuisance to your partner.

* FDA has not evaluated the statements made on this educational card. Statements made are not intended to diagnose, treat, cure or prevent any disease

Urbanfloat
Floatation Therapy



Halotherapy Benefits to Sleep

Halotherapy helps to address a variety of problems that cause sleep issues.

Relieves nasal congestion:

Halotherapy relaxes the airways to help reduce night time cough and alleviates sinus headaches.

Significantly reduces snoring and sleep apnea:

The anti-inflammatory properties of salt particles help to relieve obstructed air passages that generally cause snoring and sleep apnea.

Decreases stress & fatigue, enhancing deeper breathing:

Halotherapy helps to calm inflamed irritated tissue allowing air passages to open for restful breathing.

The neutralizing powers of salt cancel out the positively charged, harmful electromagnetic vibrations that exist in our environment as well as in our bodies, allowing us to relax, breath deeply, and sleep better.

