
Sula Health launches new glasses to improve sleep

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.

[Sula Health](#), a new Irish consumer technology business that is helping people achieve a balance between their sleep and lifestyle demands, is launching its first product, Sula glasses and app, exclusively on Indiegogo.

The stylish wearable device delivers research-backed light therapy through cutting edge technology which is designed to improve the users sleep quality.

The company was started in 2018 by former engineer Damien Kilgannon and was originally focused on developing technology to track the progression of myopia in children. Coincidentally, the same technology was applicable to sleep disorders, and Kilgannon decided this was the best route for the business.

Circadian rhythm

"As more people spend long hours working indoors on computers our circadian rhythm struggles to reconcile its daily rhythms with our lifestyle demands," said 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 offer a revolutionary take on eyeglasses frames with built in lightweight electronics that deliver light therapy resetting a user's circadian rhythm.

A single 30-minute 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.

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.

“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. 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.”

Wellness in the air

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.

“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,” he finished.

The Sula glasses are linked to a smart phone app, and in the case of jet lag, the user selects their preferred sleeping and waking times into the app and it alerts them when it’s time to put the glasses on.

For more information on Sula glasses, visit <https://www.sulasleep.com/>.

By Stephen Larkin

Published: 21 July, 2020