100% Blackout Boosts Melatonin & Calms the Nervous System

Finding deep sleep is a personal journey. Blocking out even the tiniest shaft of light is one of the many ways we support unique sleep needs.

100% blackout isn't just a nice idea. It's scientifically proven to help you sleep longer and harder.

Here's how it works.

Bright light during the first hour of your day wakes you up and triggers your body to boost melatonin later, at the end of your day. Without that boost, there's no way to sleep well.

But there's a catch. While light helps start your day, too much of it before and during sleep sabotages a good night's rest in two ways. It suppresses melatonin production and activates your nervous system.

In a [landmark 2014 study](), scientists were surprised at the small amount of light it takes to disrupt melatonin levels. The research team found that reading from electronic devices before bed delays sleep, shrinks melatonin secretion, and worsens morning sleepiness.

A growing body of research has also linked low melatonin levels to many chronic diseases. Melatonin does a lot more for wellness than support sleep.

Besides stifling melatonin, nighttime light also activates your nervous system at the wrong time.

[A 2022 study]() found that sleeping with a dim light or the TV on keeps your nerves alert – even while you sleep – when they should be resting for total mind and body repair.

Sleeping in complete darkness is one of the best ways to restore sleep and health.

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