

Bringing sleep to those
who need it most



Glow Dreaming

GETTING THE BEST OUT OF YOUR GLOW DREAMING

Congratulations on purchasing your Glow Dreaming. Glow Dreaming is a revolutionary sleep aid that can be adjusted to suit the needs of your child. Below are a list of tips and tricks to help you achieve the best results for your child. With a 98% success rate and 14 day sleep guarantee a good night's sleep is about to become the norm for your family.

NOTE: On average it takes 6-10 nights to see significant changes in sleep behaviour. On the first few nights you may see a regression as your child adapts to the new exciting addition to their space.



Your Glow Dreaming should be positioned on a side table no more than 1 metre from where your child is sleeping. It should be at head height while sleeping and in line of sight. It should not be below the height of the bed.

When filling your Glow Dreaming with water do not fill above the max line of 500ml. This will minimise the amount of mist being dispersed. Slightly below the maximum line is recommended.

Set your Glow Dreaming up 15-20min before bed. Use it as part of your bedtime ritual. We recommend using the brightest red LED light setting during this period and then switching to the dullest red LED setting when it's bedtime. Please remember green is for day use.

Please use the recommended dosage of oil for your child's age as outlined in your Glow Dreaming user manual. Using too much oil will not be harmful but it may over stimulate your child making sleep more difficult to achieve.

When using the Slow Wave Sound Therapy function we do recommend you use the loudest volume setting for all children under 3. For all ages over 3 we recommend you start with the middle volume setting to begin with. Based on the feedback of your child and what you're seeing adjust the volume accordingly. For more sensitive children use the softest volume setting. For adults and teens we recommend you start with the middle volume setting. If you aren't seeing the results you want please do not hesitate to contact us for advice and guidance. We will normally respond within 24 hours.

Each and every function on the Glow Dreaming can be used individually or in combination with the other functions on the unit. Each child is different and they may require a different combination to the norm in order to achieve success. We do strongly recommend you start with using all the functions together. This is what most often works best. The Red LED Light Therapy is extremely important to the stimulation of melatonin the bodies natural sleep hormone. It is the same technology used by NASA for their astronauts. Before switching it off we recommend you read our article on the importance of its use, which can be found in the blog section of our website.

If you use the timer button on either 2 or 4 hours it will switch off your whole machine after the allotted time. When set to 'on' your humidifier will run until empty and switch off while the other elements will continue to run independently until switched off.

If you want just the humidifier to switch off after a certain time you can fill the tank to the quarter line and set the timer to on. This will see the humidifier switch off but the other elements continue as normal.

Holding the timer button down for a few seconds will switch off all the functions on the Glow Dreaming at once. This is if you don't want to switch them all off individually.

If you have any questions or aren't seeing the desired results after 6 nights, please don't hesitate to contact us. We've helped close to 10,000 families and we want to ensure you get the most out of your Glow Dreaming. We are always here to help.