



## **Restorative Sleep Vitality Program Pilot Resource List**

**Actigraphy:** Respironics Actiwatch Spectrum by Philips, approximately \$651.00

[www.actigraphy.respironics.com/devices/actiwatch/actiwatch2.html](http://www.actigraphy.respironics.com/devices/actiwatch/actiwatch2.html)

**Aromatherapy (Essential Oils):** For a well-rounded collection of oils approximately \$300.00

[www.mountainroseherbs.com/](http://www.mountainroseherbs.com/)

*For a local supplier and trainings on essential oils:*

Apothecary Tinctura

2900 E. 6<sup>th</sup> Ave. Denver CO 80206

**Aromatherapy Book:** Essential Oils for healing approximately \$11.76

[www.amazon.com/Essential-Oils-Healing-All-Natural-Everyday/dp/1250082609/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1506529743&sr=1-1&keywords=essential+oils+for+healing](http://www.amazon.com/Essential-Oils-Healing-All-Natural-Everyday/dp/1250082609/ref=sr_1_1?s=books&ie=UTF8&qid=1506529743&sr=1-1&keywords=essential+oils+for+healing)

**Aromatherapy Diffusers:** approximately \$20.00

[www.amazon.com/Aromatherapy-Essential-Oil-Diffuser-colors/dp/B014SF6MBI/ref=sr\\_1\\_sc\\_2?ie=UTF8&qid=1461554744&sr=8-2-spell&keywords=Aroma+Therpay+diffusers](http://www.amazon.com/Aromatherapy-Essential-Oil-Diffuser-colors/dp/B014SF6MBI/ref=sr_1_sc_2?ie=UTF8&qid=1461554744&sr=8-2-spell&keywords=Aroma+Therpay+diffusers)

**Black out curtains and rods:** Purchased at JcPenny and Target, approximately \$300.00

**Blanket Warmers:** approximately \$3, 000.00

[www.venturemedical.com/products/blanket\\_solution\\_warming\\_cabinets/msco\\_steris\\_tabletop\\_blanket\\_warmer\\_refurbished/](http://www.venturemedical.com/products/blanket_solution_warming_cabinets/msco_steris_tabletop_blanket_warmer_refurbished/)

**ExTech Datalogging Sound Level Meter** for overnight or 12 hour recordings, approximately \$649.00

[www.extech.com/](http://www.extech.com/)

**Eye Masks (with bubbled contour)** approximately \$5.99 each

<https://jet.com/product/Lusana-StudioSet-of-2-Infinity-Sleep-Eye-Mask-Comfortable-Eye-Pillow-Contoured-3/6f7781fded834870a4095bd7eb70e9cf>

**Fireplace video:** approximately \$9.99

[www.amazon.com/Fireplace-your-Home-presents-Crackling/dp/B004W5BBZM/ref=sr\\_1\\_1?ie=UTF8&qid=1506530379&sr=8-1&keywords=fireplace+videos](http://www.amazon.com/Fireplace-your-Home-presents-Crackling/dp/B004W5BBZM/ref=sr_1_1?ie=UTF8&qid=1506530379&sr=8-1&keywords=fireplace+videos)

**Hug Light:** approximately \$8.00 each, <https://showertek.com/>

**Mini Sound meter:** Mini Digital sound meter by Newstone Products  
Amazon.com approximately \$32.00

**Recliners:** Furniture Warehouse and Medline. Range on price: \$444-\$1050

**Sound Spa Sound Machines:** \$19.79 each

[www.amazon.com/HoMedics-SS-2000G-Relaxation-Machine-Nature/dp/B00A2JBMRE/ref=sr\\_1\\_1\\_a\\_it?ie=UTF8&qid=1461963911&sr=8-1&keywords=relaxing+machine+nature+sound+machines](http://www.amazon.com/HoMedics-SS-2000G-Relaxation-Machine-Nature/dp/B00A2JBMRE/ref=sr_1_1_a_it?ie=UTF8&qid=1461963911&sr=8-1&keywords=relaxing+machine+nature+sound+machines)

**Weighted Blankets:** \$100.00

<https://magicweightedblanket.com/pages/size-guide>

**Wireless Headphones:** \$69.99

[www.amazon.com/RIF6-Headphones-Smartphone-Rechargeable-Transmitter/dp/B00QJ5MY18/ref=sr\\_1\\_5?ie=UTF8&qid=1475182396&sr=8-5&keywords=RIF6](http://www.amazon.com/RIF6-Headphones-Smartphone-Rechargeable-Transmitter/dp/B00QJ5MY18/ref=sr_1_5?ie=UTF8&qid=1475182396&sr=8-5&keywords=RIF6)

**Yacker Tracker: \$99.99**

[www.amazon.com/Yacker-Tracker-Noise-Detector-5-5/dp/B001AZ2O2\\_Q/ref=sr\\_1\\_2?ie=UTF8&qid=1475178634&sr=8-2&keywords=sound+meter+red%2C+yellow%2C+green](http://www.amazon.com/Yacker-Tracker-Noise-Detector-5-5/dp/B001AZ2O2_Q/ref=sr_1_2?ie=UTF8&qid=1475178634&sr=8-2&keywords=sound+meter+red%2C+yellow%2C+green)