

Niche - fitness,health and bodybuilding
Product - sleep tracking ring from ultra human

SL: THIS MIGHT BE THE REASON WHY YOU ARE LAGGING BEHIND EVERYONE

HEY %FIRSTNAME%

What do you think might be the reason behind you not maximizing your full POTENTIAL

Its SLEEP and in the next 8-9 lines I'll tell you how to fix this massive issue

Almost every average teenager wants to look muscular,confident and attractive

But only a few can become that person

And when i studied what was the reason behind their confidence and enhanced cognitive function I found out that almost all of them prioritize their sleep

They take at least 7-8 hours of daily good quality sleep

The research done by the university medical center groningen of netherlands have concluded that poor sleep quality results in the CFS (chronic fatigue syndrome).this causes overall low recovery,low immunity and decreased testosterone and many more other effects

So, how can you fix your sleep

Here are some methods to fix your sleep

1. View direct sunlight in the morning upon waking for 5-30 minutes - this makes you fall asleep faster at night because it fixes your circadian cycle that our body runs on.
2. Go to bed at the same time everyday - make a fixed timetable to get into bed and shut off all the blue light devices before 1 hour of going into bed.
3. Do not consume any form of caffeine 8 hours before bed - we may think that the effects of caffeine only lasts for 2-4 hours but its effects were actually active for 8-10 hours.
4. Track your sleep - tracking anything can improve so that's what we are going to do with sleep as it will help us know how much actual sleep we are getting and what is the quality of our sleep. It will help us in analyzing ourselves and we can get to know ourselves better.

I would recommend you ULTRAHUMAN RING AIR

Its a smart wearable ring that tracks your sleep , movement, and recovery .

Its sleek design is what separates it from other sleep tracker

It has a overall sleep index which will tell you about the quality of your sleep

It makes heart rate monitoring,temperature monitoring and many other parameters for your health to check very easy .

[\[get your ring here and enhance the quality of your sleep\]](#)

Hurry!Only 788 pieces are left.