

# fall failsafes

## 5 WAYS TO REACH HEALTH 2.0

As summer winds down into fall, the leaves aren't the only thing that change. Our immune systems brawl with office-grown viruses, we struggle to crack a few thousand steps, our sleep wanes under the weight of increased stress during project season, and our water intake evaporates with the steam of pumpkin-spice everything. The good news is we can look to technology for a circuit board-studded guide to a happy, healthy fall. Here are five cool devices that can prevent you from joining the snuffle brigade at work, push you to meet your exercise goals, and heal your pain should you push too far.



### Gunnar Optiks ▲

The fate of your eyesight depends on the number of hours you dangle them in front of strenuous screens every day (flip to page 42 for more on preserving your vision). Combat this impending eyesight doom while maintaining productivity at your desk with Gunnar's blue-light banning spectacles. Blue light can infiltrate and damage your lookers, but Gunnar's amber lenses filter it, easing eye stress. // [gunnar.com](http://gunnar.com)

### Dakota Watch Company ►

Not your average pedometer, the Smart Wrist Band records comprehensive data like distance, active time, and calories to take you out of the tired 10,000-steps mold and adhere to your individualized goals and capabilities. Sync up to the companion app on iOS or Android to analyze your progress. // [dakotawatch.com](http://dakotawatch.com)



### Sleep Shepherd

Deep sleep is the key to waking up refreshed and ready to meet the day, but late-night entertainment and 24-hour stress make a good night's sleep a distant dream. The Sleep Shepherd Blue Bluetooth headband optimizes slumber with a combination of binaural beats and EEG technology, slowing your brain down incrementally based on tracked brainwave activity. Check the smartphone app in the morning to see how deeply you dozed. // [sleepshepherd.com](http://sleepshepherd.com)



### LumiWave

Pain can sully moods, immobilize Olympians, and refuse to let up. The LumiWave is a phototherapy system that banishes stubborn pain with an army of 200 LED lights that can increase circulation and promote regeneration of normal tissue. Whether correcting rigorous joint injuries or relieving muscle stiffness from a bad cold, the LumiWave will make you feel like an Olympic champion in no time. // [lumiwave.com](http://lumiwave.com)



### Pryme Vessyl

Having trouble swallowing those 8 cups of water each day? The amount of water you require is actually dependent on your height, weight, and gender as well as your activity level and sleep record. In short, it's always in flux. The Pryme Vessyl is a smart cup that tracks water intake and pulls data from Apple Health and various fitness trackers to adjust its calculation of your hydration needs in real time. The goal is to be "at pryme" (hydrated) all day long. // [prymevessyl.com](http://prymevessyl.com)