

Time-Crunched

Tech

5 GADGETS THAT FIT INTO YOUR SCHEDULE

We're the first to admit it: actually keeping up with wellness can be difficult. Try to squeeze in meditation every morning, a walk at lunch, yoga after work, an aroma-therapeutic bath before bed, and finally some quality time with your gratitude journal before shutting your eyes for at least 8 hours of good sleep, and you'll feel more overwhelmed than mindful. From the grocery store to the kids' room, here are five gadgets that help you glide through a busy life—all with the touch of a button.



Silk'n

It's true, none of us are getting any younger. But you don't have to let anyone in on that little secret. Instead, erase years off your complexion with the Silk'n FaceFX. The anti-aging device uses a combination of fractional red light therapy (which excludes UV) and deep thermal heating to diminish wrinkles, brighten skin, and reduce pore size and dark spots. Date night just got a lot brighter. // silkn.com

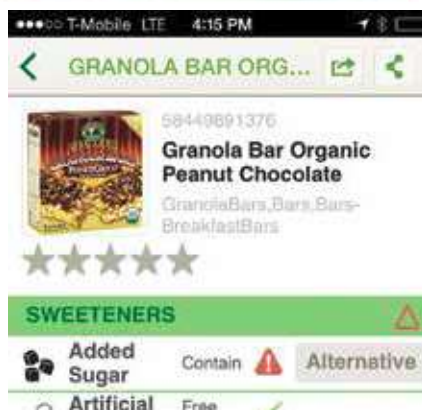
Zenband

A binaural tone is an auditory illusion that results from two different but pure tones. When one tone is played into the left ear and the other into the right ear, the perceived frequency is the difference of the two tones. Zenband is a lightweight, comfortable headband that uses binaural sound therapy to reduce stress and anxiety, improve sleep, and strengthen memory and focus. Whether meditating, running, or riding the bus, you'll peacefully bathe in tranquilizing sound. // bloomingwellness.com



Reverie

Whether you are splayed out or a master of the "log," an improper sleeping position can impart malignancies like fatigue, sleep apnea, headaches, and heartburn. The Dream Supreme II Natural Mattress from Reverie corrects your prostration problems with an electronic base and memory foam springs that are easily reconfigured to match your comfort preferences as they change throughout your life. // reverie.com



ContentChecked

Dextrase. Diatran. Turbinado. Without the telltale suffix -ose, added sugars can easily hide in your favorite foods. You may find it difficult to tell how much sugar is really stuffed into any given ingredient list, and that is no accident. Some companies actively try to deceive careful eaters. But you won't fall for their tricks with SugarChecked, an app for Apple and Android devices that exposes veiled sugars and offers alternative munchies to satisfy your taste buds and dietary requirements. // sugarchecked.com



Ozobot

Kids love robot battles, and you love when they educate themselves, meaning Ozobot is a gift where everyone wins. Kids decorate their own tiny mechanical gladiators and pit them against each other in good natured competition. Your kids can draw their own mazes and courses with special markers and control how their robot contestants react by learning to code them with different speeds, spins, and dances. // ozobot.com