

As the days get darker and colder it's tempting to go into hibernation as a farewell to the carefree days of summer. Of course, summer has it's stresses too and life does not magically transform itself simply because it's warm out. Yet that extra bit of sunshine - and vitamin D- certainly has a way of putting people at ease.

So where does that leave us when the days are darker? As we head into the winter months It is important to take the opportunity to step back, reflect and think about ways to make our lives a little less stressful that don't only involve an [electric blanket](#) and a takeaway.

Research from [Mintel](#) revealed that stress is a common part of life for most people with a whopping 85% of us in the UK suffering from anxiety or stress at least sometimes.

Dr. Marilyn Glenville confirms this, adding that “stress can give you a number of symptoms including moods swings, anxiety, irritability, nervousness, fatigue, forgetfulness, and more. But while you may not be able to control the stress, you can control how it affects you physically and also make sure you are not making it worse .” This emphasises the importance in looking after yourself both inside and out - and there are simple ways to do this.

From scented diffusers, to sleep machines, we've gathered the best relaxation gadgets and accessories for a little R&R in the comfort of your own home.

Terrailon HomniSmart Lamp

This is not an ordinary lamp. Developed in collaboration with the European Sleep Centre, this lamp analyses our environment with motion sensors and monitors your sleep. Connect your smartphone so you can review the data or play music through the lamp, which doubles as a speaker. The lamp has both wake-up and sleep programs that use stimulated sunset and sunrises to ensure a natural and gentle wake up. There are also different relaxation programs such as the cardio coherence program to help you de-stress.



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