

Australia's first UL Certified Blue Light Reduction Downlight



Scan QR code to find
out more



Contact Us

AUSTRALIA

📍 131 Keys Road, Moorabbin, Vic 3189

📍 1 Drake Boulevard, Altona, Vic 3018

📍 35 Sandgate Road, Albion QLD 4010

☎ 1300 000 808

✉ sales@jh.market

NEW ZEALAND

📍 10 Fairfax Avenue, Penrose
Auckland, 1061

☎ 0800 748 848

✉ sales@jhmarket.co.nz



JH Market

Blue Light Reduction Downlights

Helping your
family sleep
better



Why change your lights?

Better sleep

Installing blue light LED reduction downlights can help with:

- Alertness
- Mood
- Headaches
- Mental health issues
- Impulse control
- Academic performance
- Lowering immune systems
- Intensity allergies

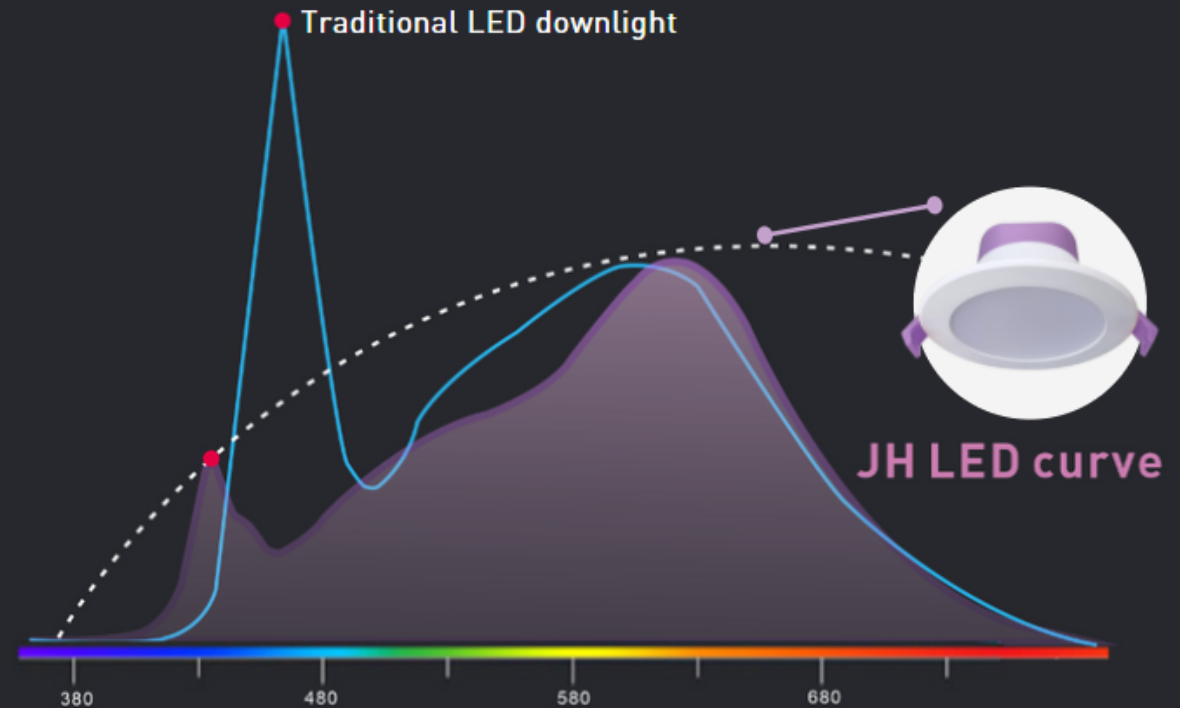
Eye health

Installing blue light reduction downlights can alleviate:

- Eye strain
- Irritated eyes
- Dry eyes
- Retina damage

Research done by Apple, Philips & Harvard University suggest that too much blue light can be harmful to our eyes and sleep.

THIS DOWNLIGHT EMITS LESS BLUE LIGHT



"Blue light suppresses the body's release of melatonin"

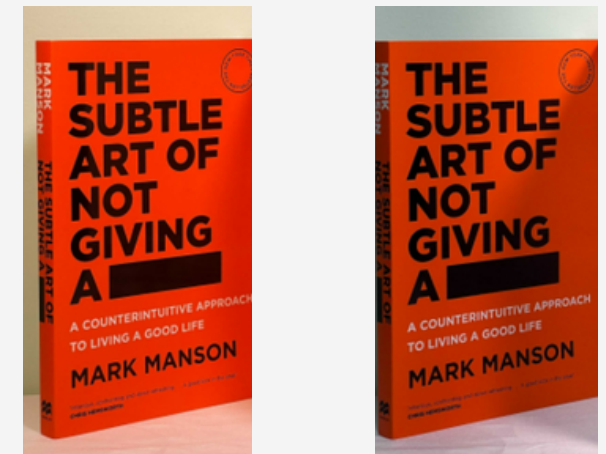
- sleepfoundation.org



Switching to low blue lights in the bedroom can help you sleep faster, deeper and better!

True Colour

True colour (CRI >95) vs traditional LED (CRI >80)



Our downlights are very close to natural sunlight (CRI 100), making everything look more vibrant and realistic

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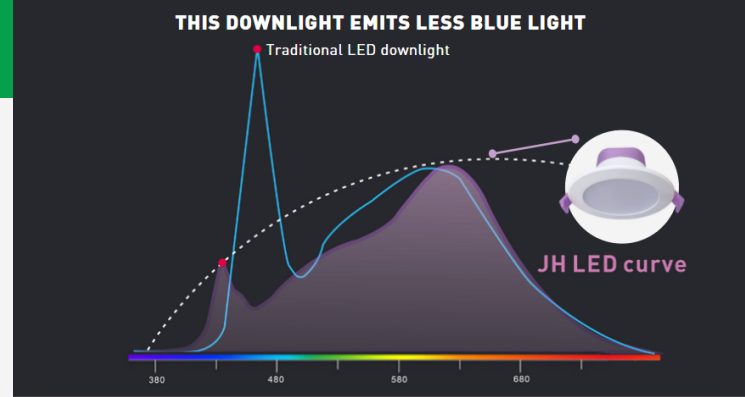
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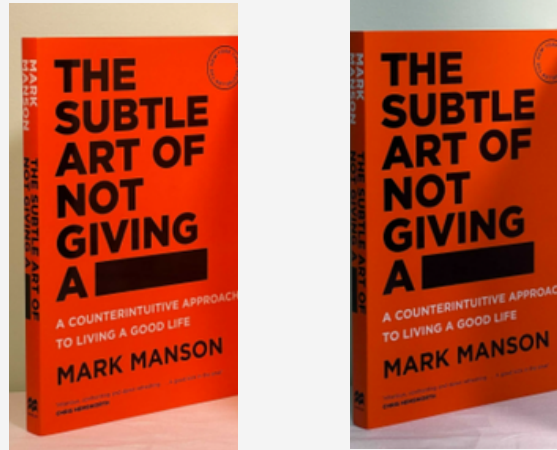
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About JH Market

We take the hassle out of sourcing quality product, so you can focus on what's most important to you!



Fast shipping nationwide. Eastern Seaboard and SA Metro, 1-2 Days. Same day shipping available in Brisbane and Melbourne Metro.



We've made our warranty claims process easier, with multiple options so you can choose what's easiest for you.



Access market leading Account Terms (Minimum 60 days to pay with options to split pay and continue using account after 60 days)



Changed your mind? No problem! Return the goods within 30 days and your money back!