

# Inventor makes it EZ for night workers to sleep

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Tim Stanley is not a doctor. He is a manufacturing engineer with Thomas Built Buses. But after 15 years of careful research, the Sedgfield resident probably knows as much about sleep deprivation and its consequences as any doctor on the block.

Although a first-shift worker now, years ago Stanley worked at night driving a truck from about 10 p.m.-7 a.m. to drop off newspapers at the pickup locations for the local carriers.

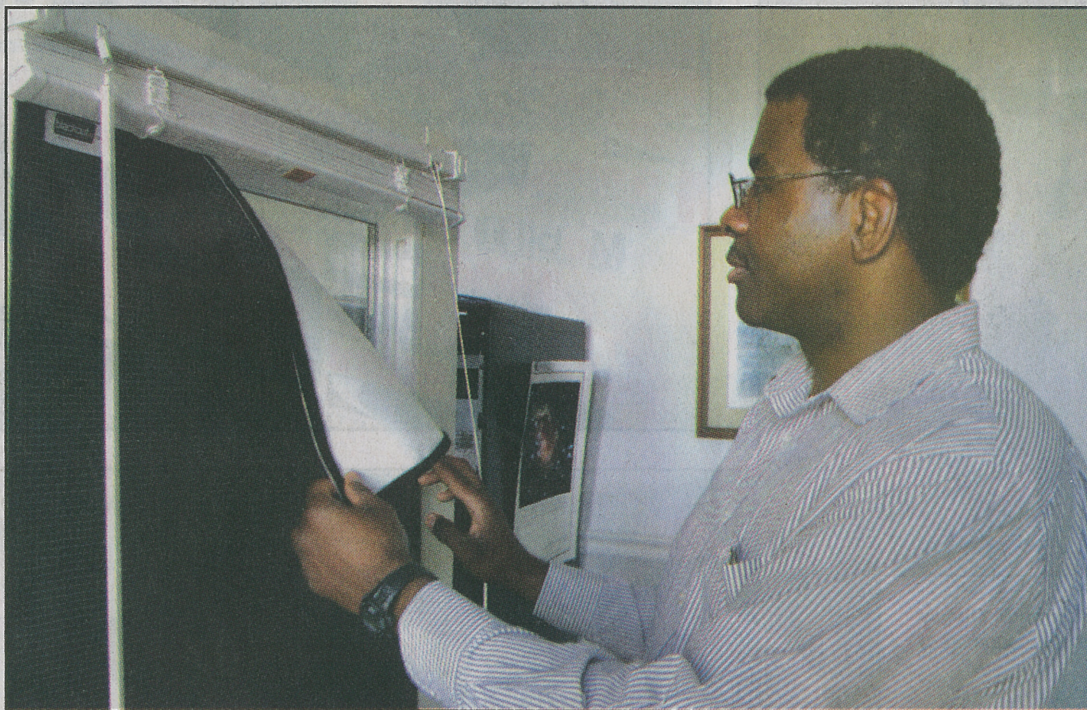
"I realized that if I got to bed while it was still dark I could sleep better," Stanley said. "I would rush through my route so I could get to bed before the sun came up. I tried putting different things, like blankets, plastic bags and cardboard, over my windows so I could sleep during the day.

"You get kind of creative," he added with a smile.

Stanley's work and sleep patterns changed, but he never forgot that experience. Through the years as he has researched the problem, he has also worked to provide a solution. The result for this "garage inventor" is BlackoutEZ, also marketed under the name NightingaleRDS.

This room-darkening system offers everything one could want to get a good night's, or in this case, day's sleep – easy to install, easy to use and low in cost. It assures extreme privacy – there are no "silhouettes on the shade" – and it does not interfere with any other window treatment, including blinds, draperies or curtains.

The product does more than simply darken a room. Its dark surface and white backing makes a house easier to cool



(Photo/Norma B. Dennis)

*Tim Stanley demonstrates the ease in which his product BlackoutEZ can be installed and used.*

and heat. It can be cut with scissors, but cannot be torn or destroyed. It is mildew, water and flame proof.

"The fabric meets government requirements for flammability," Stanley said. "But it still allows me to print a grid on it and use adhesive to put it together."

Stanley has an abundance of statistics to validate the importance of his product. He notes that working third shift disrupts a person's natural body rhythm. Graveyard-shift workers make five times as many serious mistakes and are 20 percent more likely to suffer severe accidents, putting themselves and others in danger.

Obesity, diabetes and heart disorders are higher for night workers than for those who work daytime shifts. Divorce rates and, in some industries, worker turnover also are higher.

"Sleep deprivation is accumulative," Stanley said, "the larger the deprivation, the more problems. People don't realize how important sleep is."

From his own experience and the facts he gathered, Stanley knew something was needed to help night workers get the sleep they required during the day. Creating it was the challenge.

"I did not want it to have to be custom made," he said. "It could not impair the function of a window, when someone wanted light they could have it. And it should be able to be permanently removed if necessary."

BlackoutEZ has been on the market for about eight months and has been well received by those who have purchased it. Some mothers have used it in their children's rooms at nap-time and one man purchased it to darken his room for meditation.

The product, along with tips for sleeping better during the day, which Stanley calls "Sleep Hygiene," can be found at [www.BlackoutEZ.com](http://www.BlackoutEZ.com) or [NightingaleRDS.com](http://NightingaleRDS.com).

"Ever since the light bulb was invented, man has found a way to work 24 hours a day," Stanley said.

His solution is to make sure all workers get the rest they need to be safe, effective and healthy on the job.