

# SLEEP SUPPORT



## Natural Options for Natural Sleep

Insomnia is a condition in which an individual can have a difficult time falling asleep, staying asleep or both. Over 40 percent of Americans report having sleep issues each year. When sleep disorders last longer than one month, they are classified as a chronic sleep disorder. While scientists do not know the exact mechanism for why we sleep, they do know that the lack of sleep can affect our mood, our physical wellness and our overall happiness. Rapid eye movement, or REM sleep, is the time when we tend to dream. We should have several episodes of REM sleep each night. Failure to reach REM sleep will create a negative effect on regenerative hormones that are produced while we sleep.

The ability to fall asleep at bedtime is influenced by factors that occur from the time we arise in the morning. For many individuals who face stress during the day, elevated cortisol levels produced by the adrenal gland can interfere with the ability to fall asleep and stay asleep. L-theanine, an amino acid that down-regulates cortisol produced during the day, can help effectively set the stage for improved sleep at bedtime when taken during the day. Combination products such as **Relaxation Formula** and **GABA Calm**, when taken during the day, can help set the stage for improved sleep, without causing sedation during the day. Besides the presence of stress during the day, another lifestyle change that needs to be considered is the amount and timing of stimulants consumed during the day, such as caffeine and alcohol. Exposure to computer screens, video games and television in the evening too close to bedtime can also adversely affect sleep. Extended exposure to these light emitting sources prior to bedtime can interfere with the production of our natural sleep hormone, melatonin.

Melatonin is secreted at night when darkness is approaching. It causes us to become sleepy and also lowers our body temperature. Many prescription medications, even medications prescribed for insomnia, can block the production of melatonin. Ask our pharmacist if the medications you are taking may be depleting melatonin, making it difficult to fall asleep. **Melatonin 3 mg Sustained Release** and **Melatonin Liposomal Spray** are two means to increase melatonin levels.

Many individuals turn to prescription medications to attempt to address sleep disorders. However, these medications can become problematic as they can adversely affect the normal sleep cycle, especially the REM sleep cycle. After using a daytime product to help control elevated cortisol levels, we recommend using a quality sleep supplement to help restore the natural sleep rhythm. Magnesium, like the magnesium found in **Magnesium Glycinate Powder 1000 mg**, is a mineral that acts as a calmativ and helps our muscles relax, helping us to fall asleep more easily. Combinations of natural sleep-inducing ingredients, such as those found in **Sleep Perfect Formula** or **Sleep Support**, can induce a natural sleep onset. For those who are still plagued by early morning awakening, the use of rapid-acting **Melatonin Liposomal Spray** can help individuals return for those remaining valuable hours of sleep.



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