

## SLEEP LIKE A BABY



For many of us, sound sleep is a thing of the past. Being able to fall asleep and stay asleep is increasingly difficult as we age. Yet, a good night's sleep is the foundation of good health. Our bodies require 7 1/2 to 8 hours of sleep each and every night. If you get only six hours one night, you owe your body two hours, and need to

make up the "sleep deficit" the very next night by sleeping for a total of 2 (sleep debt) + 8 (regular sleep hours) = 10 hours. Good luck catching up

Problems associated with sleep deprivation include **chronic fatigue, mental foginess, muscle and joint aches, headaches, blurred vision, forgetfulness, lowered immune system and upset stomach.**

For the complete Sleep Program, ask a staff member for the "Sleep Like a Baby" Brochure.

### Help Falling Asleep MELATONIN

by Douglas Labs

- Instance release
- Fall asleep...fast



Melatonin is a hormone responsible for controlling our day-night circadian rhythm. As we age, less and less Melatonin is released which can lead to less natural sleep.

Use the instant release Melatonin if your primary sleep problem is falling asleep.

PRODUCT #	SIZE
189	60 cap

### Help Staying Asleep MELATONIN

by Allergy Research Group

- Sustained-release
- Stay asleep



Use the sustained-release Melatonin if your primary sleep problem is staying asleep.

The sustained-release technology will ensure that the melatonin is released slowly throughout the night to help you stay asleep.

PRODUCT #	SIZE
191	60 cap

### Good to the last Drop

## THEANINE

By MyBestHealth

- Calm nervous energy before bed
- Non-habit forming herbal Xanax

Green tea contains a molecule, Theanine, that can help patient's bodies feel relaxed while the mind remains sharp and focused. Theanine comes in a caffeine-free capsule and is thought of a natural "chill pill", an herbal, non-habit forming version of Xanax.

As a sleep aid, Theanine is especially helpful for patients whose nervous energy keeps them from winding down before bedtime.

PRODUCT #	SIZE
197	60 cap



## Sleep More Soundly SOMNACARE

by MyBestHealth

- No prescription side effects
- No dependency issues



Sleep is an absolutely essential component of our daily lives and not an expendable luxury. Sleep is used by the body to renew, regenerate and “reboot.”

Your body needs 7 ½ to 8 hours of sleep every night. Period. Without enough sleep, your body will age prematurely and be more at risk for diseases including cancer, heart disease, high

blood pressure, diabetes, stroke, and of course accidents at work, at home, and on the road.

Given the health importance of sleep, Dr. Hirt has a comprehensive set of tools to help patients achieve the proper amount of restful and restorative sleep.

Somnacare is one such tool and is a blend of herbs that have been shown to help patients sleep more soundly without dependency or some of the typical side effects of prescription drugs

PRODUCT #	SIZE
230	60 cap

## Chilling News

Have you ever noticed that it is much harder to fall asleep on a hot Summer night than on a cold Winter night? This is because your core body temperature needs to fall slightly so that you can sleep.

Exercising increases body temperature, and therefore late night exercise may delay the onset of sleep because it will take longer for your body temperature to come down from the warming effects of exercise.

While your core body temperature needs to fall, your feet need to stay warm in order for you to fall asleep. A pair of thick socks (or another warm body) will usually suffice.



## The “After Turkey Dinner Snooze”

## 5-HTP

by Karuna

- Mood enhancer
- Appetite control
- Boost your serotonin levels



Have you ever wondered why you get drowsy after a large meal like a Thanksgiving dinner? Turkey is rich in a natural amino acid, tryptophan which is then converted into 5-HTP, which is eventually converted into serotonin.

Of the three main brain hormones that control our mood, appetite and sleep, serotonin can be an important aid in assisting sleep.

PRODUCT #	SIZE
211	30 cap

## The Electric Cave

Since the advent of the light bulb in the 1880's, Americans have been steadily getting less and less sleep. Coined by the father of sleep medicine, William C. Dement, M.D., The Electric Cave is a nod both to the natural stone dwellings of our ancestors and the power of the electric bulb to extend daylight as long as we wish. No longer paced by the rising and setting of the Sun, we are free to push our activities and ourselves well into night, even to our detriment.

Sleep requires us to wind down and sleep hygiene refers to nighttime rituals that can help keep you relaxed as bedtime draws near. It is important to keep the bedroom a safe zone, free of the worries and physical stress that keep us up at night.

This means that the bedroom should only be used for sex and sleep. Do not eat, read, watch TV, or work in bed. Falling asleep while doing these activities will generally not lead to a good quality sleep, and a disturbing network news story or book chapter may keep you from ever really getting to sleep that night. A belly filled with food means your body cannot concentrate on healing and rejuvenation because digestion takes precedence. Laying down right after eating may also lead to heartburn which could also keep you up all night. You will also need to watch out for hidden sources of caffeine or other stimulants that may keep you up all night. These include sodas, chocolate, over-the-counter medications (cold and flu preparations, weight loss supplements, combo headache medicines), and prescription medications.