



Feel Better Lounge
RVA

Sleep Better (*without* Melatonin) & Sleep Better Ultra (*with* Melatonin)

- ◆ Support onset, duration, and quality of sleep
- ◆ Induces calming brainwave activity

Quality, uninterrupted sleep is integral to wellness. Without it, we may experience a cascade of ill effects such as, but not limited to, weight gain, decline in cognitive performance, increased risk of heart disease and diabetes, hormonal imbalances, immune system dysfunction, depression and anxiety.

Sleep Patterns

Sleep consists of two patterns: non-REM and REM. In an ideal sleep pattern, a person experiences stages of sleep in non-REM and REM phases. If either phase is disrupted, sleep disturbance is the result. Around 11% of adults report insufficient sleep *nightly*; with more people experiencing disturbed sleep less frequently.

Root of Sleeplessness

At the root of impaired sleep may be any number of underlying causes including:

- Imbalance in neurotransmitter function
- Insufficient nutrients for neurotransmitter formation
- Excess glutamate
- Anxiety and Stress
- Environmental factors
- Electromagnetic fields
- Blue light

Although each person's neurochemistry is unique, **Sleep Better** & **Sleep Better Ultra** are somnotropic formulas that incorporate key nutrients determined by research to induced calming brainwave activity and promote good sleep.

Dosing: 1-2 capsules 20 minutes before bed as a dietary supplement



L-Theanine

An amino acid found in green tea. Studies have shown it protects against glutamate toxicity, optimizes stress response, increases alpha waves, and improves overall sleep quality.

Baikal Skullcap

An herb widely used in China for thousands of years the flavonoid baicalin provides sleep regulation by acting on GABA receptors.

Lemon Balm

Is a perennial herbaceous plant in the mint family that may improve sleep quality .

Passionflower

A traditional anxiolytic with components that include maltol, coumarin, flavonoids and small amounts of essential oils.

Melatonin

A hormone that functions in the regulation of sleep, modulation of circadian rhythms and enhancement of immunity. Production of melatonin decreases with age, which may contribute to sleep difficulties with aging.