

A Holistic Approach to Managing Insomnia



Insufficient sleep is a public health epidemic. Before the invention of the light bulb, people slept an average of 10 hours each night. Today, most Americans average a mere 6.9 hours per night!

Getting enough sleep is essential for optimal health, and most people need at least 7-9 hours each night, beginning by at least 10 pm. Unfortunately, the problem isn't just that Americans don't know when they need to be asleep. Many people really don't know how to fall asleep and stay asleep throughout the night.

In a perfect world, your body's melatonin levels would begin rising as soon as the sun went down, in response to the darkening environment. You would quickly become sleepy and have no trouble resting deeply throughout the night. However, in our fast-paced, artificially lit world, we often trick our brains into believing that it's perpetually daytime. Many of the diet and lifestyle choices that we make throughout the day - the choice to watch TV late in the evening, to eat a late dinner, or to skip exercise, for example - can all contribute to this disruption of your body's natural sleep cycles.

In this brochure, we've put together some of our best strategies that will help you to finally get the sleep your body needs. Through a combination of nutritional changes, lifestyle strategies, and the use of effective supplementation, you'll be able to fall asleep - and stay asleep - like it's the most natural thing in the world. Once you get the hang of it, you'll find that you have far more energy and more success in your life than ever before!

If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Herbal Stress Relief
- Adrenal Calming
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

Enhance
Your Program
for Insomnia
Management

[Your Logo]

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Nutrition and Lifestyle Strategies



Nutritional Strategies for Healthy Sleep

Though you may not think that insomnia and nutrition have anything to do with one another, the two are more intertwined than you might think. To get the best sleep of your life, we recommend that you follow the basic nutritional guidelines outlined in your program manual. Beyond these basic guidelines, it's also important to avoid caffeine and avoid eating dinner too close to bedtime. With a little persistence, you'll find that you're sleeping better in no time!

Physical Activity

To avoid a restless night of tossing and turning in bed, exercise is absolutely key. A single exercise session can significantly reduce the time it takes to fall asleep at night. Imagine what your life might be like if you made time for an exercise session every day of the week! To beat insomnia, we recommend that you exercise in the morning or afternoon, rather than the evening. Many people find that evening exercise sessions are energizing, making it difficult to go to sleep immediately afterwards.

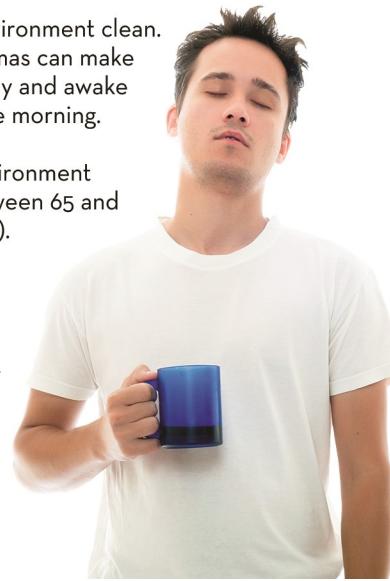
Stress Reduction

Many people struggle to fall asleep at night because they can't stop thinking about problems that stress them out. If you're one of these people, you'll find that managing your stress levels can make a big impact on your ability to fall asleep at night. So relax! Take time for yourself to pursue an activity that you love. Find ways to lower your stress levels - whether that involves a spiritual practice, medication, or some other calming activity. We especially recommend Self-Mastery Technology (SMT) for this purpose.

Overcoming Insomnia 101: Healthy Sleep Habits

Though you may need to make substantial diet and lifestyle changes to conquer insomnia for good, there are several simple tricks you can use to get a better night's sleep right away:

1. Avoid using electronic devices in the two hours before bed. The blue light emitted by these devices makes your body think that it's the middle of the day. If you need to check your phone or computer late at night, consider installing software that adjusts the color of the screen to the time of day.
2. Remember to eat dinner at least 2-3 hours before your bedtime. A full stomach makes for a restless night of sleep.
3. Maintain a dark sleep environment. Turn off or cover all lights in the bedroom (including light from clocks, digital devices, and the window).
4. Get to sleep at the same time each night (by at least 10 pm). Sticking to a routine helps your body get sleepy at the right time.
5. Establish a bedtime routine that helps your body relax. You might like to read a book, do some light stretching, or spend time with family members during this time.
6. Keep your sleep environment clean. Fresh sheets and pajamas can make it easier to sleep deeply and awake feeling refreshed in the morning.
7. Keep your sleep environment comfortably cool (between 65 and 70 degrees Fahrenheit).
8. Avoid caffeine, nicotine, and other stimulants throughout the day (and especially in the afternoon and evening).



Supplements for Health and Healing

Though you'll need several supplements to maximize your nutritional intake and reverse the course of your condition, there are a few that are worth discussing in detail:



When taken together before bedtime, **Liquid Calcium** and the **Multivitamin/Multimineral** can help you fall asleep and stay asleep throughout the entire night. That's because calcium and magnesium - one of many nutrients in the **Multivitamin/Multimineral** - work together to regulate sleep cycles and combat insomnia.



Herbal Stress Relief is an all-natural formula made from valerian root and other synergistic herbs that promote a state of restful ease and relaxation. This can help the body wind down so that you fall asleep as soon as your head hits the pillow.

In addition to these classic sleep-regulating supplements, you may also want to try the following supplements for brain-based wellness:



Sleep is a powerful supplement designed to promote deep sleep and soothe an anxious mind. It contains potent ingredients like melatonin, phenibut, and 5-HTP, which work together to ensure that you sleep deeply throughout the night and awake feeling refreshed in the morning!



Adrenal Calming is designed to relieve stress, increase mental clarity, and promote a state of restful ease. By reducing stress on your adrenal glands, this supplement can help to naturally encourage a healthy sleep cycle.



Serotonin Support helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!