

Sleep Tight Tonight with Solgar



A guide to Solgar sleep supplements



The Importance of Sleep

A good night's sleep helps you feel more rested, energetic, and focused, while a poor night's sleep contributes to feeling fatigued, irritable, and unable to concentrate. Despite this, most of us tend to treat sleep as a luxury – something that can be easily sacrificed to our demanding schedules. However, the opposite is true. Sleep is vital to human health.

Studies show that sleep influences many aspects of well-being, including:

• Blood sugar

Poor sleep quality negatively affects the body's ability to process blood sugar.*^{1,2} Adults who do not get quality sleep become less sensitive to insulin, the hormone that keeps levels of blood sugar balanced.*¹

• Immunity

Lack of sleep has been shown to lower the body's resistance.*³

• Heart health

Sleep duration has an impact on heart health.*⁴⁻⁶ Middle-aged adults who get more than seven hours of sleep are more likely to have healthy, flexible arteries than those who do not.*⁴

• Memory and learning

Studies indicate that sleep benefits memory, learning, and cognitive performance.*⁷⁻¹⁰

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



The Influence of Brain Waves on Sleep

How wakeful or sleepy we feel is dependent on the type of brain waves we are producing. That's because different brain wave patterns are associated with different states of consciousness. Higher-frequency brain waves are indicative of intense brain activity, while lower-frequency brain waves are indicative of restfulness and sleep.

There are four types of brain waves:

- Beta (above 13 Hz)
- Alpha (8-13 Hz)
- Theta (4-7 Hz)
- Delta (below 4 Hz)

The Five Stages of Sleep

Stage 1: NREM (Non-Rapid Eye Movement)

Light sleep. Slowing eye movement and muscle activity.

Stage 2: NREM (Non-Rapid Eye Movement)

No eye movement. Brain waves continue to slow and sleep spindles (rapid waves) sporadically occur.

Stage 3: NREM (Non-Rapid Eye Movement)

Deep sleep. Delta waves begin and mix with smaller, faster waves.

Stage 4: NREM (Non-Rapid Eye Movement)

Deep sleep. No muscle activity. Almost entirely delta waves.

Stage 5: REM (Rapid Eye Movement)

Breathing becomes uneven. Rapid eye movement. Limb muscles become temporarily paralyzed. Increased heart rate and blood pressure.

Source: NINDS/National Institutes of Health¹¹



How Much Sleep Is Enough Sleep?

• Adults: 7-9 hours (8 hours optimally)

• Teenagers: 9.5 hours

• Infants: 16 hours

Source: National Sleep Foundation¹²

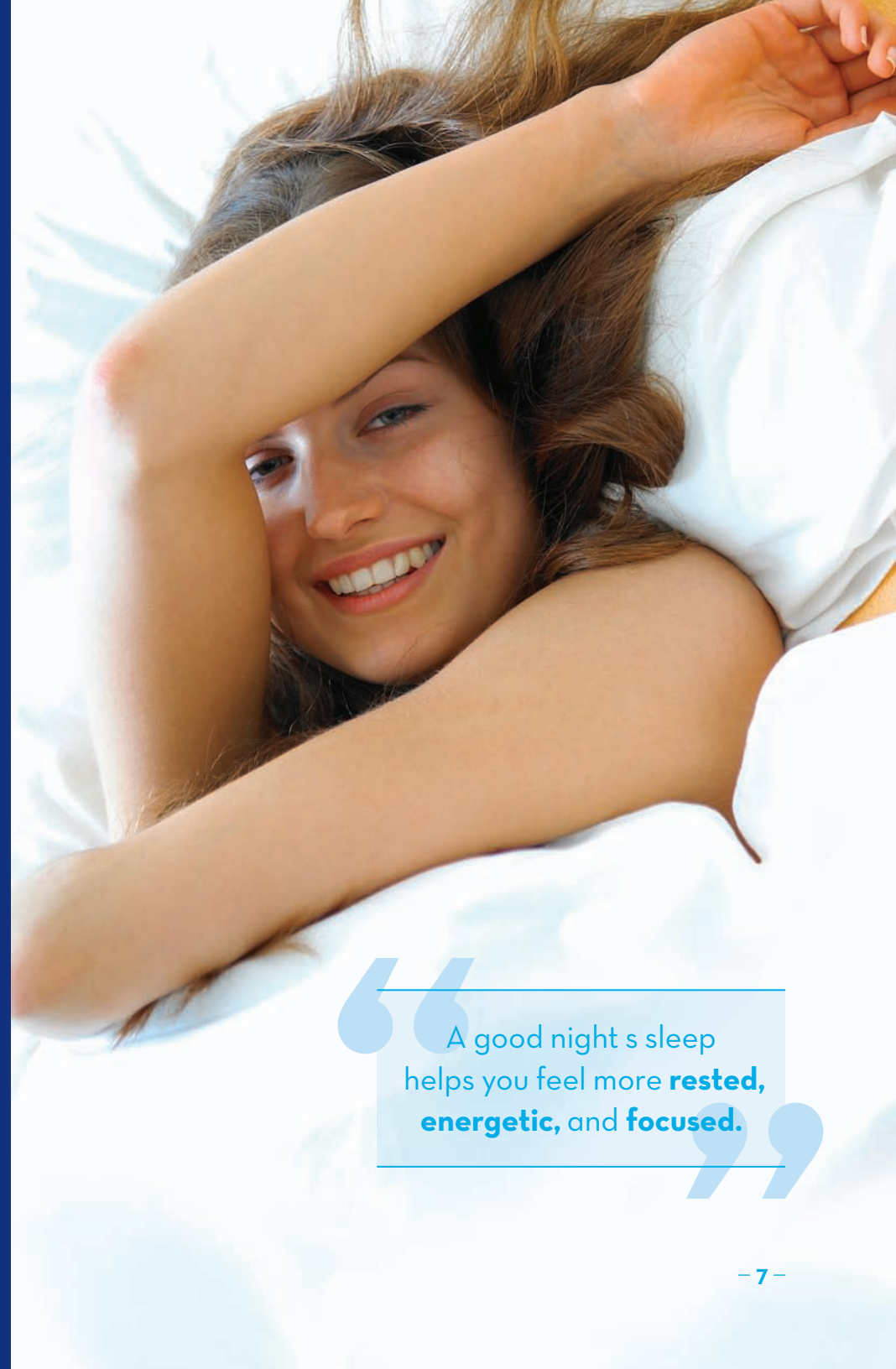
Healthy Tips for a Good Night's Sleep

To help prepare for a good night's sleep:

- Turn the lights down about an hour before you go to bed so your internal clock knows it's nighttime.
- Avoid drinking anything alcoholic or caffeinated within six hours of going to bed.
- Keep your bedroom as dark and quiet as possible and maintain a comfortable room temperature.
- Try to stick to a regular schedule – go to bed and wake up at the same time each day.

There are also a variety of supplements that help promote sleep.*

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“ A good night's sleep helps you feel more **rested, energetic, and focused.** ”

Supplements That Help Promote Sleep*

Melatonin

Melatonin is a hormone that helps regulate the body's sleep-wake cycle.* Darkness stimulates melatonin production – promoting a relaxed mood and calm, restful sleep – while light suppresses it.*

Research supports melatonin's positive role in promoting sleep.*¹³⁻¹⁶ One study in particular found that melatonin increased sleep duration, decreased sleepiness and fatigue, and reduced the amount of time it took subjects to fall asleep.¹⁴ A review study, which analyzed the results of 10 human clinical trials, concluded that melatonin helps those experiencing jet lag adapt to their new time zone.*¹⁷

L-Theanine

Naturally occurring in green tea, L-theanine is a non-essential amino acid that supports relaxation and a positive mood.*

Several studies have demonstrated that L-theanine supplementation enhances alpha brain wave activity, thus promoting relaxation.*¹⁸⁻²⁰ Additionally, L-theanine may have a part in the formation of GABA, a quieting neurotransmitter, further contributing to its calming effect.*²⁰

Suntheanine® is a patented, pure form of L-theanine that has been clinically researched for more than a decade.

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5-HTP

5-HTP supports the brain's production of serotonin, a neurotransmitter that helps regulate sleep and mood.* Research has demonstrated that supplemental 5-HTP increases serotonin levels in the brain.*²¹

Not surprisingly, several human clinical trials have shown that 5-HTP is an effective mood enhancer.*²¹ Additionally, studies have found 5-HTP improves sleep quality by increasing REM sleep.*²¹

Vitamin B6

Vitamin B6 may aid the conversion of 5-HTP to serotonin.* Research also indicates that vitamin B6 may increase magnesium absorption.*²²

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Magnesium

An essential mineral, magnesium acts as a natural muscle relaxant.* In fact, 35% of the body's magnesium is found in muscle tissue.²³

Valerian

Valerian is an herb with a long history of traditional use, dating back 2,000 years. It helps with occasional sleeplessness and promotes relaxation.* One double-blind placebo-controlled study found that 89% of subjects who took valerian reported improved sleep.*²⁴





What's So Special about Solgar's Sleep Products?

In a word, **quality**.

Everyone talks about quality, but at Solgar, it's not a word used casually – it's a way of life.

For more than 60 years, it has been our guiding principle. Everything we do – from choosing the finest natural raw materials, to state-of-the-art manufacturing, to the premium product that appears on the shelf – must meet our Gold Standard™ of excellence.

“At Solgar, **quality** isn't a word used casually
it's a way of life.”



Solgar Sleep Supplements

Melatonin

Solgar offers three different dosages of melatonin:

- **Melatonin 3 mg Nuggets**
- **Melatonin 5 mg Nuggets**
- **Melatonin 10 mg Tablets**

All Solgar Melatonin products feature melatonin as N-Acetyl-5-Methoxytryptamine and are:

- Suitable for vegetarians
- Free of sugar, salt, yeast, wheat, soy, gluten, and dairy
- Formulated without the use of artificial preservatives, flavors, or colors

For specific label information, please log on to www.solgar.com.



Solgar Sleep Supplements

Sweetest Dreams™ Vegetable Capsules

- Provides 100 mg of L-theanine (Suntheanine®) and 3 mg of melatonin (as N-Acetyl-5-Methoxytryptamine) per serving
- A convenient dosage (1 vegetable capsule daily)
- Suitable for vegetarians
- Free of yeast, wheat, soy, gluten, dairy, sugar, and salt
- Formulated without the use of artificial preservatives, flavors, or colors



For specific label information, please log on to www.solgar.com.

Suntheanine® is a registered trademark of Taiyo International, Inc. Use of Suntheanine® is protected by U.S. Trademark Registration No. 2548957.



Solgar Sleep Supplements

5-HTP 100 mg Vegetable Capsules

- Offers 100 mg of peak X-free 5-HTP (L-5 Hydroxytryptophan from Standardized *Griffonia simplicifolia* Seed Extract) per serving
- Provides vitamin B6, magnesium, and valerian
- A convenient dosage (1-2 vegetable capsule[s] daily)
- Suitable for vegetarians
- KOF-K  and Halal  certified
- Free of gluten, wheat, dairy, soy, yeast, sugar, sodium, artificial flavor, sweetener, preservatives, and color

For specific label information, please log on to www.solgar.com.



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