

### 17. DON'T KEEP AN ALARM CLOCK NEXT TO YOUR BED

They emit radiation and the light interferes with melatonin production stopping your body from sleeping properly. If you must have one as an alarm clock, set it and put it into a drawer where you can't see the light.

### 18. SWITCH OFF YOUR MIND

If you have a busy mind and cannot switch off or stop the mind chatter take 1 ~ 2 drops more of your SleepDrops for Adults each minute and deep breathe until you are calm again.

### 19. REDUCE OUTSIDE NOISE

Use ear plugs (industrial grade) to reduce outside noise. Use soft ear plugs to be comfortable. If you are sensitive to noise you will most likely respond to some magnesium supplementation before bed. Tinnitus or ringing in the ears often responds to magnesium supplementation. See our Essential Sleep & Stress Nutrients for more information.

### 20. LISTEN TO RELAXING MUSIC

Relaxing music, guided meditation or self-hypnosis can help encourage you to go to sleep. These are highly effective for many people. But make sure you turn the music off once you are finished. Have an easy turn off system such as only having to push one button or shut down your smartphone. Go to our website [www.sleepdrops.co.nz](http://www.sleepdrops.co.nz) for a link to our Delta Sleep track as well as links to other relaxing music and guided meditations available online.

### 21. DO NOT FALL ASLEEP WITH THE TV ON

Blue light from your TV can interfere with melatonin production and stop you from reaching the full phases of sleep. Turn it off before you go to sleep please.

### 22. SNOOZE CONTROL

Make snooze control rules. There is no point in hitting the snooze button every 5 or 10 minutes for an hour in the morning. Give yourself no more than 3 chances to hit snooze and then that's it – go start your day!

#### Directions for use

##### **Daytime Revive:**

Take 5 drops 4 times a day between starting your day and 4pm or as needed.

##### **Essential Sleep & Stress Nutrients:**

Adults: 2 rounded teaspoons (1 sachet) in a glass of water immediately before bed time.

Children 6-12 years: 1 teaspoon of powder in a glass of water immediately before bed time.

Children 2-5 years: ½ teaspoon of powder in a glass of water immediately before bed time.

##### **SleepDrops for Adults:**

Take 5 to 10 drops under your tongue once. Read for 10 to 15 minutes.

Then take 5 to 10 drops again and switch the lights out. Additional doses can be taken as necessary.



Sleep Smarter. Live Better.

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# 22 Essential Sleep Tips

## Use with the SleepDrops product range for best results



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## SleepDrops

SleepDrops is a gentle range of natural sleeping remedies to support healthy good quality sleep. SleepDrops is a unique product range to assist the body to fall asleep, stay asleep and awake refreshed. We have day and night support products. The following information is to support you to get the best night's sleep. Read this entire brochure. Call our team on 0800 345 999 if you have any questions.

### ESSENTIAL SLEEPING TIPS

#### 1. Refer to our foldout product range sheet for guidelines on how to get the best results out of the SleepDrops range for your body

#### 2. CONSUME CAFFEINE SENSIBLY DURING THE DAY

Both coffee and tea have valuable nutritional qualities (e.g. antioxidants). However due to their stimulatory nature, it's advisable to limit consumption to 1-2 cups per day and not to consume after 2.00pm. It can take up to 9 hours for the caffeine to be processed by your body. As an alternative consider drinking decaffeinated coffee or caffeine free herbal teas or pure water throughout the day.

#### 3. REDUCE STRESS

Cortisol, a stress hormone, is stimulating by its very nature and can have a serious impact on your ability to fall asleep and stay asleep. Do all that you can to mitigate the stress in your life.

If you find you have a 'second wind' from 10pm til 1am and become energized at this time, or you go to sleep and wake again an hour or 2 later – cortisol may be an issue for you.

Reduce cortisol with these tips:

Make sure you are in bed by 9:30 with the lights out by 10pm.

Take Essential Sleep & Stress Nutrients combined with SleepDrops for Adults at night time.

Take Daytime Revive during the day to help with cortisol management.

Change your life; introduce stress reducing activities such as yoga, meditation and regular exercise.

See our Daytime Revive brochure for more stress management advice.

Our Daytime Revive are formulated to support you during the day when you are not sleeping well at night, also during times of stress to balance mood, support energy levels and nervous system function and to stop you craving sweets, chocolate and caffeine.

#### 4. STOP INTERACTING WITH YOUR CELL PHONE OR COMPUTER 1.5 HOURS BEFORE SLEEP TIME

It has been scientifically proven that interactions such as emailing, texting, Facebook etc. can delay sleep onset by up to 1.5 hours. Avoid 'screens' of any kind at least 1.5 hours before you want to go to sleep.

#### 5. MAKE SURE YOU ARE TIRED

Do some exercise during the day. If you can only exercise at night it may possibly be too stimulating. Support this by supplementing with SleepDrops for Adults and Essential Sleep & Stress Nutrients. The nutritional co factors will support normal stress hormone management, muscle health and sleep.

#### 6. DEVELOP A REGULAR SLEEP ROUTINE

Go to bed at the same time each night and get up at the same time each morning 8 hours later. Even in the weekend try to get into a good sleeping pattern. Have a wind down period before bed with no stimulating activities involving the TV, computer, electrical device or intense physical activity. This is your time to unwind and relax.

#### 7. WASH YOUR WORRIES AWAY

A warm bath helps your muscles relax. Research has shown a hot bath or shower half an hour before bed helps bring about a change in your body temperature which is needed to fall asleep.

#### 8. MINERALS AND NUTRITION FOR RELAXATION

Mineral deficiencies are leading cause of sleep disturbances as many minerals are lacking in our food chain. Minerals taken before bed can have a positive impact on naturally sedating the nervous system. They help neurons to "fire" more functionally. SleepDrops for Adults are even more supportive for sleep when combined with our Essential Sleep & Stress Nutrients which provide nutritional co-factors that support all phases of sleep.

#### 9. BREATHING TECHNIQUES

Deep slow breathing can reset your nervous system and induce a state of relaxation which will enable you to get to sleep. Start by breathing slowly in and out. You want to gradually increase the count while both breathing in and out until you can count to 9 while breathing in and 11 while breathing out. It can take up to 15 minutes to be able to do this. Breathing Techniques – Practice this nightly.

#### 10. RELAXATION TRAINING

Tense your muscles and then relax them. This is a way of training your body to remember what it is like to relax - if it has forgotten. Lie down on your bed and starting with one side of the body, start by tensing your foot and then relaxing. Then do the same to the other one. Slowly move up the body doing one section at a time, tensing and relaxing until you get to the top of your head. Then imagine slow, gentle waves of relaxation moving down your body.

#### 11. MONITOR YOUR FLUID INTAKE

Don't over drink during the day or night otherwise a full bladder can stop you getting to sleep and wake you up in the night.

Our bodies want, on average, 30mls of good quality water per kg of body weight per day. Our kidneys prefer it if we only drink a maximum of 200mls per half hour. If you are waking in the night to go to the toilet then stop all beverages at least 1.5 hours before you plan to retire for the day.

Our Essential Sleep & Stress Nutrients should be taken in water before bed in UP TO 400mls. If needing to go to the toilet wakes you up decrease water volume to suit your requirements.

#### 12. NIGHT TIME SNACK - NATURALLY RELAXING FOODS/TRYPHTOPHAN CONTAINING FOODS

Turkey, bananas and almonds are natural tranquilisers because they contain tryptophan which is a "feel good" neurotransmitter that has a role in the sleep cycle. Having a small amount of protein on a cracker right before bed helps provide the amino acids you need (from the protein) and the cracker helps it to cross your blood brain barrier.

#### 13. AVOID ALL RECREATIONAL DRUGS

No matter what – yes including those which you believe are helping you go to sleep. They are not helping you!

#### 14. AVOID ALCOHOL

Don't use alcohol as a sedative to get you to sleep it does not promote good quality sleep. You don't get the full phases of sleep and it will often wake you up between 12am and 3am which according to Chinese medicine is 'Liver' time.

#### 15. PREPARE FOR TOMORROW

Check your schedule as you finish work for the day so you are not wondering if you have forgotten anything for the next work day. Make a list of everything you need to do the next day. Keep a note book by the bed in case you get ideas that need to be remembered. Write them down and then forget about them until tomorrow.

#### 16. TEMPERATURE REGULATION

Make sure you are not too cold or too hot. Be sure to wear wool next to your body in winter to keep your core body organs warm. If you do wake too hot or too cold, do something about it straight away.