

# SLEEP SUPPORT

## Natural options for natural sleep

Insomnia is a condition where an individual can have a difficult time falling asleep, staying asleep or both. Over 40 percent of Americans report having sleep issues each year. When sleep disorders last longer than one month, they are classified as a chronic sleep disorder. While scientists do not know the exact mechanism for why we sleep, they do know that the lack of sleep can affect our mood, our physical wellness, and our overall happiness. Rapid eye movement, or REM sleep, is the time when we tend to dream. We should have several episodes of REM sleep each night. Failure to reach REM sleep will create a negative effect on regenerative hormones that are produced while we sleep.

The ability to fall asleep at bedtime is influenced by factors that occur from the time we arose that morning. For many individuals who face stress during the day, elevated cortisol levels produced by the adrenal gland can interfere with the ability to fall asleep and stay asleep. L-theanine, an amino acid that down-regulates cortisol produced during the day, can help effectively set the stage for improved sleep at bedtime when taken during the day. Besides the occurrence of stress during the day, other lifestyle changes that need to be considered are the amount and timing of stimulants consumed during the day, such as caffeine and alcohol. Exposure to computer screens, video games, and television in the evening too close to bedtime can adversely affect sleep. Extended exposure to these light sources prior to bedtime can interfere with the production of our natural sleep hormone, melatonin.

Melatonin is secreted at night when darkness is approaching. It causes us to become sleepy and also lowers our body temperature. Many prescription medications can block the production of melatonin. Ask our pharmacist if the medications you are taking may be depleting melatonin, making it difficult to fall asleep.

Many individuals turn to prescription medications to attempt to address sleep disorders. However, these medications can become problematic as they can adversely affect the normal sleep cycle, especially the REM sleep cycle. We recommend starting with a quality sleep supplement to help restore the natural sleep rhythm. Magnesium is a mineral that acts as a calmative and helps our muscles relax, helping us to fall asleep more easily. Combinations of natural sleep-inducing ingredients, such as those found in Sleep Perfect Formula, can induce a natural sleep onset. For those individuals who are still plagued by early morning awakening, the use of rapid-acting Melatonin Liposomal Spray can help us return for those remaining valuable hours of sleep.

If you have sleep problems, we invite you to speak with our pharmacist about nutritional options to help you restore your natural sleep cycle. We stock only the best professional-grade products including:

- Sleep Support
- Sleep Perfect Formula
- L-Theanine
- Melatonin Liposomal Spray
- Melatonin 3 mg with Vitamin B-6
- Magnesium Chelate 400 mg

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Pharmacy & Health, Inc.  
A Compounding Pharmacy

8900 Edgeworth Dr., Unit G  
Capital Heights, MD 20743  
301-324-3715