



DAYLIGHT SAVING TIME – CLINICIAN GUIDELINES

<p>HerbatoninPRO™</p>	<ul style="list-style-type: none"> Beginning four days before Daylight Saving Time, go to bed 15 minutes earlier each night, and take 0.3 mg of HerbatoninPRO™ 6 hours before bedtime. Take 3 mg HerbatoninPRO™ 30-60 minutes before bedtime after the time change until the client is sleeping well again.
<p>Nutrition</p>	<ul style="list-style-type: none"> Establish 3-4 distinct meal times, with fasting in between. Start with breakfast, which will shift the circadian rhythm earlier. Avoid meals and alcohol 3-4 hours before bed. Eat a nutrient-dense diet that includes polyphenols from plant foods such as fruits, vegetables, nuts, seeds, spices, and herbal teas to help with resetting the circadian rhythm.
<p>Lifestyle</p>	<ul style="list-style-type: none"> Determine how much sleep is optimal for the client, and schedule that time into their lifestyle. Dim lights ideally to <10 lux, and/or wear blue-blocking glasses for two hours before bed. Wind down at least an hour before bedtime by reducing mentally-stimulating tasks, use of electronic devices, and intense physical activity. Encourage client to crowd out excessive activity at night with more relaxing rituals such as taking a bath with Himalayan Crystal Salt®, reading a book for pleasure, journaling, or a taking a leisurely walk after dinner to help with digestive health. Get bright outside light for >30 minutes soon after waking, and continue with 10+ minute bursts of bright light throughout the day. Exercise before 4 pm, which will shift the circadian rhythm earlier.
<p>Additional Supplements</p> <p>*Supplements should always be personalized to the client's needs</p>	<ul style="list-style-type: none"> Ensure specific protocols are in place as needed by each client to minimize the risks associated with the switch to Daylight Saving Time which include cardiovascular events, depression, suicide, and collisions.

References:

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