

ARE YOU GETTING

HEALTHY SLEEP?

Healthy sleep begins with 7-9 hours of sleep a night, but there's more you need to know to achieve the sleep you deserve. By getting the recommended amount of sleep and hitting all of your sleep stages, you will wake up feeling more refreshed and ready to own your day.

1 OUT OF **3**

Americans do not get enough sleep



Stimulants before bed can disrupt a healthy night's sleep

WOMEN ARE

2X



more likely to have difficulty falling and staying asleep

Mastering healthy sleep helps improve



IMMUNITY

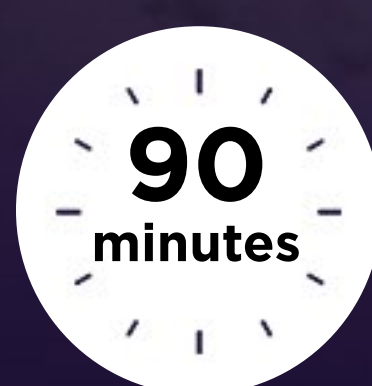


MEMORY



PRODUCTIVITY

Healthy sleep means completing 5 full sleep cycles, each lasting up to



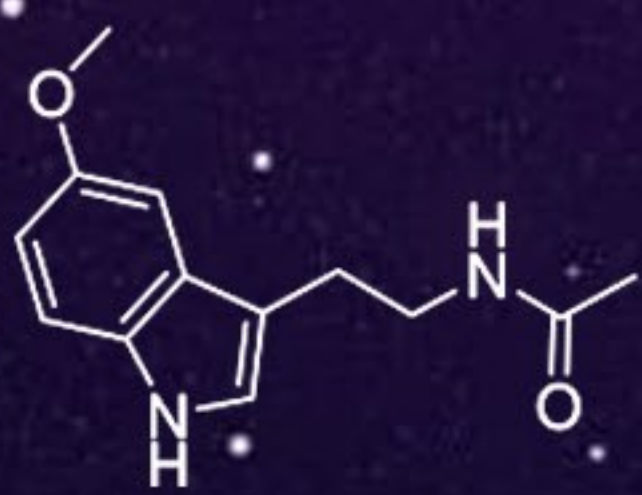
and ending with

REM SLEEP

(rapid eye movement)



Your body's **circadian rhythms** are essential in determining healthy sleep patterns. They **help your body adapt** to the **24-hour cycle of day and night** by triggering the release of **melatonin**.



MELATONIN is naturally produced in the body and activates when the sun goes down, signaling the body to prepare for sleep.



HOW CAN YOU ACHIEVE HEALTHIER SLEEP?

1

CREATE A SLEEP ROUTINE

Establishing a consistent sleep-wake schedule helps regulate your circadian rhythms and increases the quality of sleep.



2

AVOID BRIGHT SCREENS 60 MINUTES BEFORE BEDTIME

Exposure to bright LED lights such as smartphones, laptops and TV screens before bed can interfere with your body's natural release of melatonin.



3

CONSIDER TAKING A MELATONIN SUPPLEMENT

Melatonin is a drug-free sleep aid that helps regulate healthy sleep patterns for a more restful night's sleep[†].



4

CREATE A CALM, DARK BEDROOM OASIS

A noise-free and dark bedroom environment can help you sleep better throughout the night. Mask noise pollution with calming sounds or ear plugs, and block out disruptive light with darkening curtains or a sleep mask.



5

EXERCISE DAILY

Walking as little as 10 minutes a day can help improve sleep quality.



REFERENCES

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[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. ©2016 Natrol LLC.

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