



ió fibrewater: **Sleep & the
prebiotic/gut health
connection**

Can **ió** fibrewater help with sleep?

In a recent survey participants experienced a **33% improvement in sleep quality on average after 12 days of drinking **ió** fibrewater.**

Additionally, these participants also experienced:

- A 24% improvement in energy levels
- A 24% improvement in mental wellbeing
- A 22% improvement in mental clarity



*'Very impressed with **ió** fibrewater. Since I've been drinking it, I am waking up less frequently at nighttime and finding that my energy levels are much higher throughout the day.'* Mo C.



28.08.2023



Preliminary Results

Dr Adele Costabile -
BSc, PhD, FHEA, Rnutr

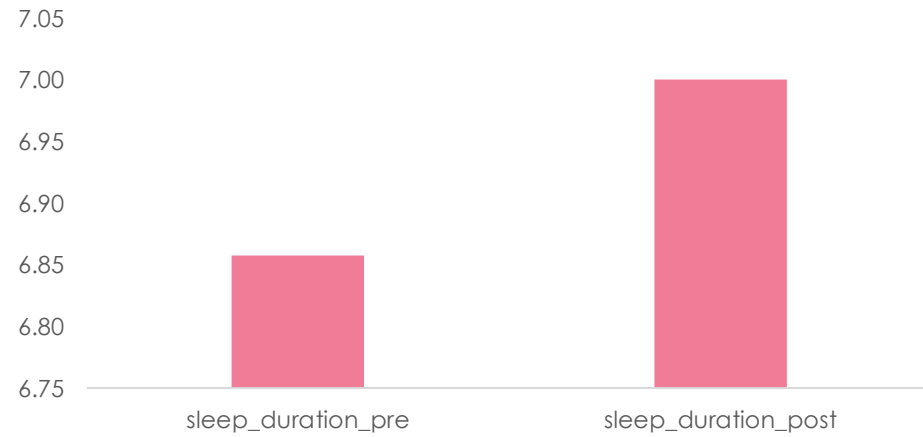
Dr Piril Hepsomali -
PhD, FHEA

Final conclusions will be in
October 2023

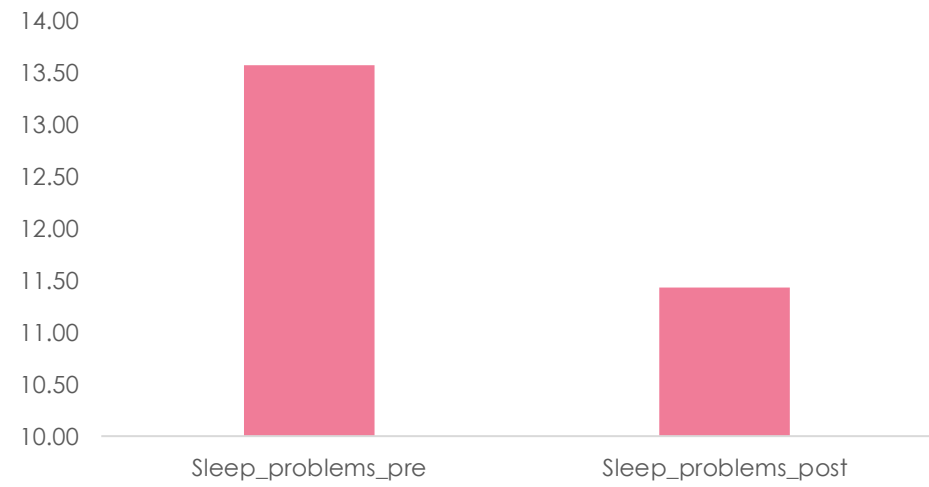
<https://www.clinicaltrials.gov/study/NCT05908474>

Sleep

Not significant



significant



Research on sleep

A BBC documentary titled 'The Truth About: Sleep' with Dr. Michael Mosely investigated using prebiotics for 5 days and measured the effect it had on his sleep. Dr. Mosely struggles with insomnia and found that his time spent asleep improved by 13% within five days of consuming prebiotics.

Here are some more studies on prebiotics and sleep:

Dietary prebiotics alter novel microbial dependent fecal metabolites that improve sleep. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7051969/>

Dietary Prebiotics and Bioactive Milk Fractions Improve NREM Sleep, Enhance REM Sleep Rebound and Attenuate the Stress-Induced Decrease in Diurnal Temperature and Gut Microbial Alpha Diversity. <https://pubmed.ncbi.nlm.nih.gov/28119579/>

Can't sleep? Prebiotics could help - Dietary compounds found to influence gut metabolites, buffering stress, Science Daily
<https://www.sciencedaily.com/releases/2020/03/200303155658.htm>