



# SLEEP SUPPORT<sup>†</sup>

## A Good Night's Rest Supports Overall Wellness

**Sleep is an important part of overall wellness. Many Americans do not get enough sleep which may affect various aspects of health.**

### SLEEP AND OVERALL HEALTH

Between 50–70 million US adults suffer from sleep disorders, which are associated with several health problems including heart disease, stroke, diabetes, obesity, cancer and high blood pressure.<sup>1</sup> The significant impact of sleep on overall health has led to research sponsored by the US National Institutes of Health which shows that sleep influences learning and emotional health, cardiovascular health, as well as overall health of cells throughout body.<sup>1-2</sup>

### HOW MUCH SLEEP DO YOU NEED?

The consensus from various organizations is that sleep requirements vary slightly among individuals, but generally changes with age; with school-age children needing 10 hours of sleep daily, teenagers requiring 9–10 hours daily, and adults needing 7–8 hours of sleep daily.<sup>2-4</sup>

### FACTORS THAT INFLUENCE SLEEP

There are several sleep habits and tips that can be used to help support sleep including: avoiding large meals before bedtime, maintaining a regular sleep schedule (waking up and going to sleep at same time daily), relaxing before bedtime, avoiding stimulants such as caffeine and nicotine, and establishing a good sleep environment that is free of distractions.<sup>2,4</sup> Incorporating supplements with ingredients that help relax your mind such as L-theanine, and supplements that help support sleep such as melatonin, may also be beneficial for your sleep hygiene routine.<sup>†</sup>

### WHAT IS L-THEANINE?

L-theanine is an amino acid, which was originally discovered as a constituent of green tea in 1949, and is now used in its synthetic and natural form globally. Clinical studies have shown that it helps relax the mind.<sup>5-9</sup> <sup>†</sup>

### WHAT IS MELATONIN?

Melatonin is a natural hormone produced in the pineal gland that helps to regulate the body's natural biorhythm, or sleep/wake cycle.<sup>†</sup> Melatonin production is linked to time of day and aids in setting the internal body clock, creating what are known as circadian rhythms—body rhythms regulate everything from sleep to digestion.<sup>†</sup> It has been studied for various sleep disorders including jet lag, sleep issues among people working night shifts, and insomnia.<sup>10</sup> A meta-analysis demonstrated how melatonin can help those with sleep disorders by significantly improving various sleep parameters such as sleep latency, total sleep time and sleep quality.<sup>11</sup> For melatonin to work effectively, it should be taken at least 30 minutes and up to 1 hour prior to bedtime.

### ABOUT MELATONIN USE

- Melatonin is not intended for individuals under the age of 18 and is not advised for pregnant, and /or lactating women.
- Use in individuals taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, auto-immune, depressive, bleeding or seizure disorder should not be considered without first consulting with a healthcare professional.
- Individuals should not drive a motor vehicle or operate machinery when taking melatonin.
- Melatonin is recommended to help support short term sleep needs and not for persistent sleep difficulties.



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## SLEEP SUPPORT DISCUSSION:

Work with your patients to understand their sleep support needs, and encourage them to follow good sleep habits. For those who are still unable to meet their sleep needs, discuss the potential use of sleep aids as a safe and effective way to gain a good night's rest.

## NATURE MADE® SLEEP AIDS

Nature Made Melatonin supplements provides 2.5–5 mg of melatonin per serving in a variety of options including delicious Adult Gummies, tablets and fast dissolving VitaMelts® tablets.

Nature Made Melatonin Plus supplements provide both melatonin to help support sleep, as well as L-theanine to help relax the mind in one easy to swallow softgel.†

Nature Made Sleep is a natural acting sleep aid that helps support sleep without the use of drugs† and is made with a unique combination of ingredients that includes melatonin and L-theanine.

## REFERENCES

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## ABOUT NATURE MADE®

For more than 45 years, Nature Made has been a trusted leader in the wellness industry, providing high quality vitamin, mineral and herbal supplements. Nature Made is the national supplement brand with the most products carrying the United States Pharmacopeia (USP) mark\*—USP mark verifies that products meet stringent quality criteria for purity and potency. It is also the #1 recommended brand in the U.S. by Pharmacists in eight key vitamin and supplement segments.\*\*

For more information visit: [NatureMade.com](http://NatureMade.com)

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\*\*Based on 2017 U.S. News & World Report - Pharmacy Times Survey

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PID16571