

## SomaRest™ Ingredients:

**Valerian Root**—is a popular plant sedative. Not only can valerian decrease anxiety that may disturb sleep, but it is a proven effective sleep aid.

**L-Tryptophan**—is a nutrient found in food that has been found to enhance restful sleep. L-Tryptophan decreases the amount of time it takes to fall asleep. It has also been shown in studies to enhance total sleep time, decrease intermittent waking, and decrease early morning wakefulness. L-Tryptophan supports normal serotonin production in the brain, which helps regulate sleep and many other body functions.

**Hops**—have a long and proven history of herbal use, where they are employed mainly for their soothing, sedative, tonic and calming effect on the body and the mind. Hops have been used traditionally for nervous disorders and to help with anxiety and sleep.

**Velvet Bean**—contains a natural form of dopamine (neurotransmitter). Research shows that dopamine plays a critical role in regulating sleep and brain activity associated with dreaming.

**GABA**—is an amino acid classified as a neurotransmitter. Gamma Amino Butyric Acid is found in large amounts in the hypothalamus, suggesting it plays a significant role in hypothalamic-pituitary function. This region of the brain is the regulating center for visceral functions such as sleep cycles. GABA causes a relaxing, sedative effect which can improve sleep patterns.

**Chamomile Flower**—dates back thousands of years to ancient Egyptians times. This flower in low doses helps relieve anxiety, while in higher doses it promotes sleep. It is a very mild sleep aid, and can help with many other health conditions.

**Passion Flower**—has been proven a safe and effective way to calm the mind and relax the muscles. The flower targets the nerves specifically the sympathetic nerve, and also increases blood circulation around the nerves.

**L-Theanine**—is a neurologically active amino acid that is commonly found in green tea. This amino acid works against the effects of caffeine on the body to give a relaxing feeling. L-Theanine directly stimulates the production of alpha waves in the brain, creating a state of deep relaxation. It also influences dopamine and serotonin production which are key to relaxation and healthy sleep.

**Lavender**—helps slow the activity of the nervous system, improve sleep quality, promotes relaxation, and enhances mood.

**Peppermint**—causes a calming, numbing effect that aids peaceful sleep.

**Melatonin**—is a hormone made by part of the brain called the pineal gland. It has the ability to regulate body rhythms and promote normal sleep. Your ability to produce melatonin can decrease with age. Normal healthy melatonin levels allow you to sleep better and sounder.

**Magnesium**—is essential to good health, and is needed for more than 300 biochemical reactions in the body including keeping a steady heart rhythm while asleep. Magnesium deficiency can lead to insomnia, fibromyalgia, restless leg syndrome, leg cramping, hypertension, etc. Magnesium is essential for maintaining healthy sleep patterns. Studies show that magnesium has a calming effect on the brain and can help induce sleep.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



1.800.874.3988

www.somarest.com



# Sleep that is out of this World

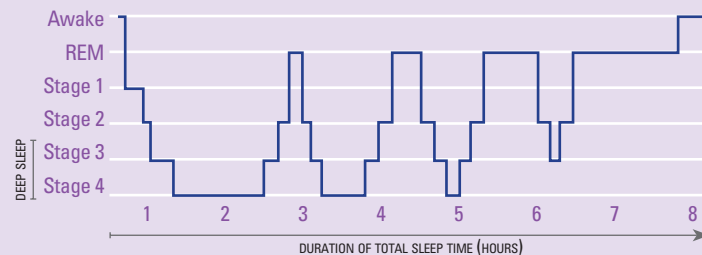


## Importance of Sleep

Sleep is most important for recovery. Your body needs time to rest and repair itself in order to stay healthy and mentally alert. The best way to accomplish this feat is to get enough sleep. Most people need a minimum of seven to eight hours of sleep. Without sufficient sleep, the immune system can have trouble repairing itself.

Sleep helps reduce excess cortisol levels, increases protein synthesis, increases anabolic hormone levels, and Growth Hormone (HGH) levels rise during deep sleep.

## Sleep Cycles Throughout Sleep



The above graph shows an example of how we progress through the sleep stages, and how much time we spend in each stage while sleeping. Note: on average we experience about 6-7 of these cycles every night.

## Sleep Disorders Impact 1 in 6 Adults

Recent studies show that Sleep deprivation can contribute to increased accidents, worsening health and lower test scores. The National Sleep Foundation polls show that over a six year period, only half of adults get a good night sleep on a regular basis.

## Sleep Deprivation can lead to:

- Increased risk of illness
- Increased risk of heart disease
- Increases risk of accidents
- Impaired thinking (slow reaction time, memory loss)
- Poor metabolic function (unhealthy weight gain/loss)
- Mood related problems (stress, anger, irritability, depression)



*New scientific breakthrough,  
**SomaRest™** helps you recover faster,  
fall asleep quicker, increases quality sleep,  
and helps you awake more refreshed.\**

**SomaRest™** is one of the most complete scientific sleep formulas on the market. SomaRest utilizes a synergistic approach to optimizing sleep patterns by combining the latest scientific ingredients with clinically proven results! SomaRest will help you recover faster, fall asleep quicker, increase quality sleep, and help you awake more refreshed.\*

*"I love this product! I have tried many products and this is the only one that works. SomaRest helps me go to sleep quickly, stay asleep, and I feel so much better now that I am sleeping well. I also feel comfortable in taking this product because SomaRest is all-natural and doesn't have the side effects of prescription drugs."  
—Rosemary Evans, Lake Oswego, OR*

## **SomaRest™** Sleep Optimizer

- **Promotes deep restful sleep\***
- **Increases recovery & restoration\***
- **Safe, non-addictive formula**
- **All-natural, side effect free**
- **Promotes relaxation\***
- **Promotes healthy sleep patterns & natural biorhythms\***