

Sleep Protocol[‡]

DEVELOPED IN COLLABORATION WITH OUR MEDICAL ADVISORS



Sleep is not a passive state. It is an active period of metabolic regulation, memory consolidation, immune signaling and cellular repair. Insufficient sleep has been associated with changes to glucose metabolism and insulin signaling sensitivity, altered cytokine signaling, changes to cognitive performance and increased vulnerability to mood changes.¹⁻³ This protocol provides clinicians with structured guidance to support healthy sleep.

FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following options to support overall health and well-being[‡]

PRODUCT RECOMMENDATIONS	FEATURES [‡]	SUGGESTED USE
<u>O.N.E.™ Multivitamin</u> (Order Code: ONE1 / ONE6 / ONE3)	Foundational support for essential nutrients, including vitamin D, B-vitamins, zinc, chromium and more	1 capsule daily, with a meal
<u>O.N.E.™ Omega</u> (Order Code: ONO6 / ONO3)	Foundational support (1,000 mg) of triglyceride-form EPA and DHA	1 softgel daily, with a meal
<u>Magnesium (glycinate)</u> (Order Code: MG1 / MG3 / MG9)	Highly bioavailable magnesium chelate for sensitive individuals [‡]	1-4 capsules daily, with a meal

TARGETED SUPPORT

The products in this category support common clinical objectives related to sleep. Choose from the options listed below, as applicable, based on your clinical objectives:[‡]

CLINICAL OBJECTIVE [†]	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Level 1 Support: Use in combination with Foundational Support			
Sleep Onset and Efficiency	Symptom Survey; Sleep Questionnaire; wearable devices	<u>Best-Rest Formula</u> (Order Code: BRF1 / BRF6) A combination of flower extracts, melatonin, and natural ingredients promote restful sleep [†]	2 capsules, 30-60 minutes before bedtime
		<u>Pure Sleep</u> (Order Code: PSL6) For patients requesting a melatonin-free product. Helps your patients fall asleep, stay asleep and wake up refreshed without morning grogginess [†]	2 capsules, 30-60 minutes before bedtime
Level 2 Support: Add as needed after 2-4 weeks of Foundational and Level 1 Support, in alignment with clinical objectives			
Emotional Wellbeing	Symptom Survey	<u>Calm Mind</u> (Order Code: CLM6) Curcumin and saffron extracts to support a calm state of mind, positive mood and emotional outlook, and sleep with continued use [†]	1 capsule, 2 times daily between meals

[‡]All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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TARGETED SUPPORT *CONTINUED*

The products in this category support common clinical objectives related to sleep. Choose from the options listed below, as applicable, based on your patient's needs and priorities:†

CLINICAL OBJECTIVE†	ASSESSMENT†	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Level 2 Support Continued: Add as needed after 2-4 weeks of Foundational and Level 1 Support, in alignment with clinical objectives			
Circadian Rhythm, Sleep Onset and Sleep Efficiency	Symptom Survey; Sleep Questionnaire; wearable devices	Melatonin to support the body's natural sleep cycle' Available Options: 1. Melatonin 0.5 mg (Order Code: ME56 / ME51) 2. Melatonin-SR (Order Code: MESR6) 3. Melatonin 3 mg (Order Code: ME33, ME36, ME31) 4. Melatonin Liquid (Order Code: MEL3) Melatonin Dosing: Clinical use of supplemental melatonin varies widely, depending on the intended use. For sleep, doses of 0.3 mg-3 mg are the most commonly studied, with a consensus to start low and increase the nightly dose as needed. ⁴ Note: Melatonin is included in the Best-Rest Formula option in Level 1 Support	Melatonin 0.5 mg, Melatonin-SR and Melatonin 3 mg: 1 capsule, 30-60 minutes before bedtime Melatonin Liquid: 1 ml (full dropper), 30-60 minutes before bedtime
		Glycine (Order Code: GL1) Supports restful sleep and detoxification†	3 capsules, 1-2 times daily, between meals
Glucose Homeostasis	Insulin, HbA1C	Metabolic Xtra (Order Code: MX29) Berberine, chromium, alpha lipoic acid and resveratrol support insulin receptor function and healthy glucose metabolism†	1 capsule, 1-3 times daily, with meals
Occasional Stress	Salivary cortisol, Symptom Survey	Daily Stress Formula† (Order Code: DSF9 / DSF1) Broad-spectrum formula designed to promote mental relaxation and moderate the effects of occasional stress† or Daily Calm (Order Code: DCM6) Supports relief for occasional anxiety, promotes positive mood, healthy sleep and a relaxed and alert mental state with continued use†	3 capsules daily, with or between meals or 1 capsule, 2 times daily with meals

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DIET AND LIFESTYLE RECOMMENDATIONS FOR BETTER SLEEP

Humans should spend an average of one-third of their lives asleep, though 50-70 million Americans suffer from chronic sleep disturbances.⁶ Improving sleep is a modifiable behavior that enhances resilience to stress, improves emotional regulation and supports mood stability.⁷ Hence, as a provider you should emphasize sleep hygiene and circadian rhythm stability as a core lifestyle intervention that is **non-negotiable**.

Two concepts are especially important when educating patients:

- **Sleep onset** refers to how long it takes to fall asleep. Prolonged sleep-onset latency often reflects circadian misalignment, inadequate evening winding-down routines or heightened cognitive arousal.
- **Sleep efficiency** represents the percentage of time spent asleep in bed. Poor sleep efficiency is linked to nocturnal awakenings, environmental disruptions, glucose fluctuations or stress-related hyperarousal.

Both constructs are clinically useful for helping patients understand the difference between difficulty falling asleep and difficulty staying asleep, which informs intervention selection.

CREATING AN OPTIMAL SLEEP ENVIRONMENT

Sleep hygiene is often misunderstood as basic advice. In reality, it is a targeted set of environmental and behavioral strategies that strengthen the circadian signal, reduce nighttime arousal and improve sleep efficiency. When patients feel overwhelmed, start here. Sleep hygiene interventions are low-risk, low-cost and highly actionable.

DOMAIN	CLINICAL RECOMMENDATIONS
Light	Bright morning light within 30 to 60 minutes of waking; avoid blue light 1 to 2 hours before bed; use blackout curtains; minimize LED lights in the bedroom
Temperature	Maintain a cool room, ideally 60 to 67°F
Noise	Use white noise if needed; reduce household noise during sleep hours; avoid falling asleep with television on
Electronics	Remove TVs from the bedroom; charge phones outside the room; avoid screen use before bed
Bedding	Supportive mattress and pillows that allow neutral spinal alignment; avoid overly warm bedding
Pets	Recommend pets sleep outside the bed if nocturnal disruptions occur
Routine	Maintain consistent bed and wake times daily; create a calming pre-sleep routine; avoid large meals within 2 to 3 hours of bedtime
Environment	Keep the bedroom uncluttered; use low, warm lighting after sunset; avoid working or studying in the bedroom

MANAGING STRESS FOR IMPROVED SLEEP

Stress is an adaptive physiological response intended to maintain homeostasis through activation of the hypothalamic–pituitary–adrenal (HPA) axis and subsequent cortisol release. Chronic or repeated activation, however, leads to changes of cortisol rhythms, contributing to emotional instability, tiredness, sleep disruption as well as metabolic and cognitive changes.^{8–11}

Psychological stress and pre-sleep cognitive arousal are among the most common contributors to fragmented sleep and delayed sleep onset. Healthcare providers often focus on supplements or sleep hygiene first, but addressing stress physiology and mental load may produce the most meaningful improvements for some patients.

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MANAGING STRESS FOR IMPROVED SLEEP CONTINUED

There are many forms of stress management techniques to consider such as diaphragmatic breathing, mindful meditation, guided imagery, time in nature, cognitive behavior therapy (CBT), and many more.

How to Introduce Stress Management for Sleep

Clinicians sometimes feel uncertain about initiating stress management counseling. The following principles help simplify the process.

- **Start by normalizing:**
“It’s common for the mind to stay active at night when stress builds up during the day. We can help your brain transition into rest more easily.”
- **Prioritize predictability:**
Patients do not need elaborate routines. Start with one or two interventions such as a nightly brain dump or a five-minute breathing practice.
- **Use the patient’s strengths:**
If a patient prefers writing, assign journaling. If they prefer movement, teach somatic release. If they prefer structure, recommend a short checklist to unload mental tasks.
- **Track improvements:**
Ask patients to note changes in sleep onset, nighttime wakings or morning refreshment. Even small shifts in stress patterns often translate into meaningful sleep gains.

NUTRITION FOR SLEEP

Dietary patterns play a meaningful role in sleep quality, circadian stability and next-day energy. For patients who struggle with initiating or maintaining sleep, nutrition can be a practical entry point because it allows for small, sustainable adjustments rather than drastic lifestyle overhauls. Even though dietary change can feel overwhelming for some, guiding patients toward gradual improvements such as consistent meal timing, improving nutrient density or reducing caffeine can meaningfully support healthier sleep patterns.



NUTRITION FOR SLEEP CONTINUED

Maintaining healthy blood glucose and supporting insulin sensitivity play an important role in promoting uninterrupted, restorative sleep. Changes in glucose, particularly in the evening, can trigger nocturnal dips and a hormonal response that increases nighttime waking and reduces sleep efficiency.

Evidence suggests that glycemic homeostasis and healthy insulin signaling can positively impact continuous sleep and stable circadian patterns.¹²⁻¹³

EXERCISE AND MOVEMENT

Physical activity is a reliable, low-risk intervention for improving sleep quality, sleep efficiency and overall circadian regulation. For healthcare providers, offering simple, structured recommendations can help patients integrate movement into their daily routine in a way that meaningfully supports nighttime rest.

When guiding patients, start with manageable goals. Recommendations that tend to work well include:

- Aim for 150 minutes per week of moderate aerobic activity, which can be broken into 10 to 20-minute increments.
- Encourage morning or early-day movement whenever possible.
- Pair exercise with daytime light exposure to strengthen circadian cues.
- Support patients in choosing activities they enjoy and can sustain.
- Reassure them that **progress, not perfection**, is the goal; even small increases in activity can improve sleep.

ADDITIONAL RESOURCES

- [Reducing Mental Load: Practical Tips to Help Patients Declutter Their Minds](#) (Blog)
- [Emotional Well-being Protocol](#)[†]
- [Evidence-Based Strategies for Clinicians: Addressing the Four Key Factors of Sleep Disturbances](#) (Blog)
- [Cortisol: How It Shapes Occasional Anxiety](#) (Blog)
- [Optimizing Restful Sleep: Strategies and Tips for Supporting Overall Sleep Quality](#) (Video)

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