

# PRÖZE SLEEPKIT

Sleep is an **essential part of everyday life** and is **crucial to general wellness and everyday functioning**. If you find yourself struggling with sleep due to stress, work, sleep disorders, or whatever the case, research shows that **you are not alone**.

Nearly **86%** of Americans have trouble falling or staying asleep at least once a week. On average, number of days a week that Americans have sleeping issues **4 days** out of the week.



We've all heard that **better nutrition** and **more exercise** are key to increasing sleep quality, but there's more to it than that. The **PRÖZE SleepKit** has researched 100's of studies and talked to the most well-respected sleep experts to outline **simple nightly steps** for you, so you can **sleep like a pro**.

STEPS TO BETTER SLEEP

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## Set a consistent *bedtime*

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**Circadian rhythms** are 24-hour cycles that are part of the body's internal clock, running in the background to carry out essential functions and processes. One of the most important of your body's circadian rhythms is **the wake-sleep cycle**.

**Your wake-sleep cycle relies on consistency.** So when you mess with it, you start screwing up a whole set of other reactions, processes, and behaviors. Research has shown when you have **irregular wake-sleep times, even just on the weekends, you'll deal with a variety of issues.**

A disturbed sleep-wake circadian rhythm can give rise to serious sleeping problems. **Without the proper signaling from the body's internal clock, a person can struggle to fall asleep, wake up during the night, or be unable to sleep as long as they want into the morning.** Their total sleep can be reduced, and a disrupted circadian rhythm can also mean shallower, fragmented, and lower quality sleep.

Varying your bedtime or morning wake-up time can hinder your body's ability to adjust to a stable circadian rhythm.

**So practice good sleep hygiene and choose a bedtime and wake-up time that works for you.** Stick to these times every day, even on weekends or days off. **Try to avoid staying up or sleeping in for more than one to two hours.**



Take a *warm shower*



*Reduce* the temperature

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Research has shown that **sleep latency**, the fancy term for going from wakefulness to the first stage of sleep, is shortened when your core body temperature is allowed an **opportunity to cool down**.

*“We know that your core body temperature needs to drop by about 2 to 3 degrees Fahrenheit to initiate good sleep and then maintain deep sleep,”* says Matthew Walker, a **neuroscientist** and **sleep specialist** at the University of California, Berkeley. *“The way it works is this: For you to get your heat out of the core of your body, you actually need to release that core heat through the outer perimeter surfaces of your body.”*

Taking a warm shower artificially raises your body’s internal temperature and allows it to do what it does best- return to **homeostasis** by radiating the extra heat back out (and reaching the body’s comfortable 98.6). You’ve now created the exact temperature decline your body was looking for to set off **strong circadian sleep signals**. Research has also shown that the steeper the decline, the better movement you’ll have through your Non-REM sleep cycles.

To keep you asleep, the body needs to stay at that nice cool temperature. That’s why you want your environment, meaning your bedroom, nice and cool.



## Keep your environment **dark**

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Unsurprisingly, light and dark play a huge role in sleep as the **hands on the circadian clock**. Darkness is one of the earliest and most powerful triggers for your body that it's time for bed, but do you know why?

Darkness triggers a release of a hormone called **Melatonin**, which is critical for sleep. Often known as the “sleep hormone”, **Melatonin signals the the brain to begin preparing the body to sleep**. *With Melatonin, muscles start relaxing, you begin to feel drowsier, your body temperature drops, and energy systems begin to shift. Another very important function of Melatonin is that it signals a lowering of your stress hormone, Cortisol. Less stress equals better sleep (and less stress, who doesn't want that?)*

**However, often our nights are filled with light from lamps, TV's, cell phones, streetlights, etc. and it's difficult to get complete darkness.**

### Research shows that light exposure suppresses melatonin by 50%

This is no small amount, and this staggering suppression is **detrimental to your sleep**. We suggest **dimming the lights and avoiding screen time ideally 60 minutes before bed**. You could also use blackout shades/curtains to block light from your windows, or use a sleep mask if you can't remove all the light from your room or you're particularly light sensitive



## Take time to *unwind*

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Giving yourself **time to relax your mind** at the end of the night is key to easier sleep.

During the day, you've engaged your **sympathetic nervous system**, also known as the **fight or flight response**. Your body doesn't know the difference between average daily stresses and immediate threat, so trying to get into a state of relaxation while the sympathetic nervous system is triggered is an uphill battle.

To position your body for sleep, you have to engage the **parasympathetic nervous system**, which inhibits the body overworking and restores the mind and body to a calm and composed state.

Take advantage of whatever puts you in a **state of calm** such as soft music, light stretching, reading, and/or meditation exercises.

**Here are a few ways you could help your mind unwind:**



**STRETCH**  
for the physical



**JOURNAL**  
for the introspective



**READ**  
for the curious



**MEDITATE**  
for the mindful



# SPRAY **NODZZZ** 6X UNDER YOUR TONGUE 10-15 MINUTES BEFORE BED

To get the most out of NODZZZ, **refrain from eating or drinking after application for at least 10 minutes**- this gives the product ample time to absorb into your system.

You can also use NODZZZ therapeutically to **ease anxiety**. For this, **spray 1-3X** when you feel anxious, nervous, or stressed. **Start low and see how you feel**- we suggest not **exceeding 3 sprays within 2 hours**.



## **NODZZZ** manages inflammation

You need help to manage toxic inflammation responses. By safely and effectively managing your blood sugar, improving your response to certain foods, and promoting healthy inflammation levels, **NODZZZ brings your body into the best environment for healthy sleep.**



## **NODZZZ** calms the nervous system

You need help to calm your nerves and trigger relaxation. By inhibiting the “fight or flight” sympathetic nervous system and enhancing your body’s parasympathetic response, **NODZZZ supports the perfect nervous environment for immediate and undisturbed sleep.**



## **NODZZZ** provides restful brain chemistry

You need help to support the proper levels of these brain nutrients. By providing the brain with the key chemical signals to relax the body, quickly sense environmental triggers, and support the natural sleep circadian rhythms initiates, **NODZZZ provides deep sleep and prolongs sleep patterns.**