SleepCycle® Natural Sleep Aid for Occasional Sleeplessness*

SleepCycle® is an advanced, all-natural supplement offering a comprehensive approach to promoting healthy sleep patterns. SleepCycle achieves this by combining traditional herbal extracts with state-of-the-art modern nutrients for a unique, safe and effective natural sleep formula to aid in controlling restlessness and occasional sleeplessness.

Age-Related Sleep Problems
One of the biggest problems facing adults is the inability to achieve a deep, restful sleep, and by age 64 about half of all adults report some form of sleeping issue. Age-related sleep issues have been linked to biochemical changes in the body’s internal clock that alter the normal response to external light cues (i.e. sunset, sunrise). This results in older people going to sleep earlier in the evening and waking up earlier in the morning. Older sleepers also tend to wake up more frequently during the night, resulting in fragmented sleep.

SleepCycle® for a Deeper Night’s Sleep
Though people frequently tend to focus on falling asleep quickly, a far better indicator of sleep quality is the ability to wake up feeling refreshed, energized and restored the following day. Consequently, SleepCycle® is not intended to act like a fast-acting sleeping pill that knocks people out quickly. Instead, SleepCycle® works by gently promoting it as it initiates the natural process of falling asleep. Over time, SleepCycle® conditions and improves the overall quality of sleep by gradually extending the duration of deep, Slow Wave Sleep (SWS) and shortening the length of time it takes to fall into a restful slumber.

SleepCycle® achieves this by combining traditional herbal extracts with state-of-the-art modern nutrients to deliver a unique, safe and highly effective natural sleep aid.

SleepCycle® Ingredients
SleepCycle® begins with two nutritional compounds, melatonin and 5-HTP, that have been shown to aid in resynchronizing the body’s biological clock to promote healthier sleep rhythms. SleepCycle® also contains L-Theanine, an amino acid derived from green tea prized for its ability to promote calm and relax the mind.

• L-Theanine
L-Theanine has been shown to reduce psychological and physiological stress responses, improve cognitive performance, and relax the mind without inducing drowsiness. In research, L-Theanine intake resulted in a reduction in heart rate (HR) and salivary immunoglobulin A (s-IgA) responses to an acute stress task, which, say study authors, was attributable to an attenuation of sympathetic nervous activation. Thus, it was suggested that the oral intake of L-Theanine could cause anti-stress effects via the inhibition of cortical neuron excitation.

• Melatonin
Melatonin, the hormone produced nocturnally by the pineal gland, serves as a circadian time cue and sleep-anticipating signal in humans. With age, melatonin production declines as the prevalence of sleep issues increases. One study demonstrated significant and clinically meaningful improvements in sleep quality, morning alertness, sleep onset latency and quality of life in primary insomnia patients aged 55 years and over. An extract of the seed of the griffonia plant, 5-HTP is a necessary component for making serotonin in the body. Low levels of 5-HTP are associated with occasional sleeplessness and anxiety. In rats, 5-HTP was shown to alter sleep and brain temperature.

Proprietary Herbal Blend w/ WuLinShen (Xylaria nigripes) SleepCycle® contains a well-known combination of natural plant extracts that have been used for centuries to promote deep, restful sleep, including Hops, Lemon Balm, Passionflower, Valerian root, Angelica sinensis, Jujube, and Polygala. These medicinal plants are traditionally endowed with anxiolytic and sleep-supporting properties.

• Tang-Kuei root (Dong Quai, Radix Angelicae Sinensis)
Traditionally used as a sleep aid, Tang-Kuei has been used safely for centuries in traditional Chinese medicine.

• Hops (Humulus lupulus)
Hops has been used traditionally as a herbal remedy for sleep issues. Its effects in studies can be attributed to three categories of constituents of lipophilic hops extracts. Though the alpha-bitter acids proved to be the most active constituents, the beta-bitter acids and the hop oil clearly contributed to the activity of lipophilic Humulus extracts.

• Lemon Balm (Melissa officinalis)
A novel pharmacological mechanism of action for the anxiolytic botanical Melissa officinalis L. (lemon balm) has been reported, and identified as a potent in vitro inhibitor of rat brain GABA transaminase (GABA-T).

• Passionflower (Passiflora incarnate)
Passiflora incarnata has been used as an anxiolytic and sleep support formula for many centuries, and administration of oral Passiflora incarnata has been shown to aid in reducing anxiety.

• Polygala (Radix Polygalae Tenuifoliae)
Polygala tenuifolia, an herbal ingredient found in traditional Asian sleep formulas, possesses several components, including 4,5-trimethoxyxycinnamic acid. Study results indicate that the effects of Polygala in chronically stressed animals might relate to its modulating effects on the hypothalamic-pituitary-adrenal (HPA) axis.

• Valerian (Valeriana officinalis)
Valerian has an adenosine-like action and supports the readiness

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to fall asleep. Its action is closely related to endogenous melatonin secretion. In studies, extracts of valerian demonstrate positive effects on sleep structure and sleep perception.

- **Jujube** (Suan Zao Ren, Ziziphus jujuba var. spinosa)
  Semen Ziziphus jujuba (SZJ), the seeds of Ziziphus jujuba Mill. var. spinosa, is widely used in Chinese traditional medicine for sleep and anxiety, with studies showing that it exerts an inhibitory effect on glutamate (Glu) mediated excitatory signal pathways in the hippocampus, probably due to its anti-calmodulin action.

- **Wulinshen** (Xylaria Nigripes)
  Wulinshen contains significant amounts of glutamic acid, gamma-aminobutyric acid (GABA) and glutamate decarboxylase. GABA's main function is to inhibit excitatory neuro-activities by exerting a tranquilizing effect on the central nervous system. Glutamate decarboxylase (GAD) supports the synthesis of GABA, while glutamic acid assists the uptake of GABA to specific brain cell receptors.

Nine known compounds, (1) 5-hydroxy-7-methoxy-2-methyl-4-chromanone, (2) 5,7-dihydroxy-2-methyl-4-chromanone, (3) 5-hydroxy-2-methyl-4-chromanone, (4) 1-(2,6-dihydroxyphenyl)-3-hydroxybutanone, (5) 5alpha,8alpha-epidioxyergosta-6,22-dien-3beta-ol, (6) (22E,24R)-ergost-7,22-dien-3beta, 5alpha,6alpha-triol, (7) euphorbol, (8) beta-sitosterol and (9) 2-(4-hydroxyphenyl)-ethanol were isolated and identified in Xylaria nigripes for the first time, and their structures were mainly determined by MS and NMR methods.

**Sleep Loss in Middle Age**

In the first study of its kind, sleep researchers at the University of Pittsburgh found that the quality and duration of sleep changed dramatically between the mid-20s and the mid-50s, with subjects going to bed and waking up earlier. The subjects also slept less, woke up more often during the night, and experienced fewer stages of deep sleep.

According to study author, Dr. Julie Carrier, “Middle age is a turning point for sleep. Some sleep patterns have already changed significantly by the time an average adult reaches age 30.” Dr. Carrier observed that these changes are most likely tied to gradual age-related changes in features of the biological clock.

Research has already shown how disrupted sleep patterns are linked to significant age-related alterations in melatonin, the principal “sleep” hormone produced by the pineal gland. Melatonin levels are known to drop significantly after childhood and serve as one of the most dynamic markers of biological aging known. By the age of 60, nighttime melatonin production practically ceases, and by age 80, melatonin plasma levels are barely detectable.

**Summary**

SleepCycle is an advanced, all-natural supplement that offers a comprehensive approach to restoring healthy sleep patterns. Unlike conventional sleeping aids that are designed to just put people to sleep quickly, SleepCycle targets each phase of human sleep with nutrients and plant compounds that have been shown to gently enhance the quality and duration of deep, restorative sleep, aiding the body in recovering from daily physical and mental stresses.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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**References**


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