

# Sleep<sup>8</sup>

Know the ABCs  
of getting your ZZZs

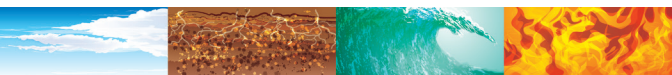


- Naturally delivers the 8 hours of sleep you need
- Restores your body's natural sleep rhythm

**Tested in our  
ISO 17025  
Accredited Laboratory**



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## Why Do We Sleep?

The average person spends approximately one third of their lives sleeping. Scientists have questioned the physiological and psychological need for sleep for centuries; perhaps the answer lies in how we function without adequate, good-quality sleep. Sleep allows the mind and body to rest and rejuvenate. Think of yourself as a cordless phone that is rarely put back in the charging dock: the sound quality of the calls gets weaker and weaker, until it ceases to function. Studies with laboratory rats have shown a higher mortality rate in cases of sleep deprivation as compared to starvation.

## Sleep Simplified

The information age we live in has made us accountable for every waking moment; a good night's sleep is a necessity which has unfortunately become a luxury. At day's end, a large percentage of North Americans experience difficulty falling asleep and settling into proper sleep patterns.

There are essentially two forms of sleep in your sleep cycle: REM (rapid eye movement) and non-REM or deep sleep. REM sleep represents approximately 20% of our sleep cycle; it allows our brain to experience vivid dreams, and to sort emotions and cognitive processes from the previous day's events. Have you ever asked someone a question or made a request only to have them respond: "Let me sleep on it"?

Non-REM sleep is clinically broken down into three stages: drowsiness, light sleep, and deep sleep. Drowsiness and light sleep are precursors to deep sleep, with decreased muscle activity, heart rate, and body temperature.

The lower metabolic rate during deep sleep allows the hippocampus, which is responsible for learning and memory, to repair itself. The hippocampus is part of the limbic system, an intricate group of structures that appear to regulate our emotions. The hippocampus interprets short-term memory and sorts it into long-term memory, similar to the process of sorting out our documents file at day's end and selecting the information for long-term storage on a main server.

## **Eight Ingredients, One Goal**

All 8 special ingredients combine to empower your body to get that elusive 8 hours of rest.

### **Passionflower Flower Extract, 4% Flavonoids**

Passionflower has a history of use as a pain reliever and sedative, dating back to the ancient Aztecs. The production of *gamma*-aminobutyric acid (GABA) is believed to be supported by passionflower; GABA suppresses some brain activity to induce relaxation.

### **Hops Strobile Extract, 3.5% Flavonoids**

Dating back to Roman times, it was observed that workers harvesting hops showed signs of drowsiness. Hops have been used for centuries in the form of teas and pillows to promote sleep. The chemical compounds humulene and lupulone present in hops create a substance similar to diazepam (Valium) and chlordiazepoxide (Librium); this substance promotes a relaxed state, without the risk of developing an addiction.

### **Skullcap, 12.5% Flavonoids**

This native North American perennial contains volatile oils that are useful in the treatment of many nervous disorders including epilepsy, anxiety, sedative withdrawal, and insomnia.

### **Chamomile Flower Extract, 5% Flavonoids**

Chamomile is one of the most common natural herbs employed for nervous system support and relaxation. Chamomile is a common ingredient used for hops pillows, and a staple in most product lines of herbal and medicinal teas.

### **Qiye Shen'an Pian Leaf Extract**

Stress can compromise the defense mechanisms that allow the cerebral cortex to rest and rejuvenate; qiye shen'an pian isolate strengthens these defense mechanisms, thus decreasing subcortex excitability, which results in a calming effect.

Qiye shen'an pian isolate can both generate and maintain cerebral cortex neurons, along with improving cellular membranes within the cerebral cortex. The cerebral cortex is responsible for memory, attention, perceptual awareness, thought, language, and consciousness; without adequate quality sleep, our attention span and our ability to concentrate, learn, and make critical decisions concerning our general wellbeing are put at risk.

### **Melatonin**

Melatonin is produced by the pineal gland within the brain. It controls the production of the hormones that regulate sleep patterns (circadian rhythm). Light

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suppresses the production of melatonin, leaving shift workers and people travelling across multiple time zones often deficient in levels of this hormone.

## Catnip Herb Top

Catnip drives most cats crazy with its effects on the pheromone receptors; it has the opposite effect on humans, as it calms the nervous system and complements the other ingredients in the formula.

## Magnesium

The chelated form of magnesium bisglycinate is a highly bioavailable form of this mineral that has a calming effect on the nervous and muscular systems. Magnesium participates in over 300 enzymatic reactions, including those generating cellular energy within the mitochondria. Magnesium also plays the role of gatekeeper for the absorption and release of calcium from the skeletal system.

## Sweet Dreams!

Get to bed with **Sleep<sup>8</sup>** and treat your mind and body to the restorative rest and relaxation it deserves.

## References

- Langezaal, C.R., A. Chandra, and J.J. Scheffer. "Antimicrobial screening of essential oils and extracts of some *Humulus lupulus* L. cultivars." *Pharmaceutisch Weekblad, Scientific Edition* Vol. 14, No. 6 (1992): 353–356.
- Caufield J.S. and H.J. Forbes. "Dietary supplements used in the treatment of depression, anxiety, and sleep disorders." *Lippincott's Primary Care Practice* Vol. 3, No. 3 (1999): 290–304.
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- Arendt, J. "Melatonin, circadian rhythms and sleep." *The New England Journal of Medicine* Vol. 343, No. 15 (2000): 1114–1116.
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- Blumenthal, M. *The ABC Clinical Guide to Herbs*. Austin: American Botanical Council, 2003, 510 pages (here pp. 54–55).

### Each vegetable capsule contains:

|   |         |
|---|---------|
| Passionflower ( <i>Passiflora incarnata</i> ) flower extract, 4% flavonoids. .... | 35 mg   |
| Hops ( <i>Humulus lupulus</i> ) strobile extract, 3.5% flavonoids. ....           | 35 mg   |
| Skullcap ( <i>Scutellaria lateriflora</i> ), 12.5% flavonoids. ....               | 35 mg   |
| Chamomile ( <i>Matricaria recutita</i> ) flower extract, 5% flavonoids. ....      | 35 mg   |
| Qiye Shen'an Pian ( <i>Panax notoginseng</i> ) leaf extract. ....                 | 25 mg   |
| Melatonin. ....   | 500 mcg |
| Catnip ( <i>Nepeta cataria</i> ) herb top. ....                                   | 15 mg   |

Magnesium (from 111 mg of magnesium bisglycinate) ..... 20 mg

**Other ingredients:** Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80031162 · V0385-R8

### Suggested use:

**Adults:** Take 1–4 capsules at or before bedtime or as directed by your health-care practitioner. Consult a health-care practitioner for use beyond 4 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

HP1403

