

# SLEEP

Relax your mind, enjoy a restful night's sleep and wake feeling refreshed with IDLife Sleep. Formulated with non-habit-forming ingredients, this product is safe for use as needed for occasional sleeplessness.\*



## DIRECTIONS:

Place one strip on tongue or between cheek and gum up to 30 minutes before bed. Allow product to dissolve, then swallow. For best results, do not eat or drink after using IDLife Sleep.

## AVAILABLE FLAVORS:

- Mint

## BENEFITS:

- Natural Flavors & Sweeteners
- Increases REM Sleep\*
- No Grogginess
- Dissolves Quickly

## FAQs:

### WHY IS QUALITY SLEEP SO IMPORTANT?

Sleep plays a vital role in good health and wellbeing throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life and safety.

Ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep deficiency also increases the risk of obesity.

### THE MENTAL BENEFITS OF SLEEP

One night of good sleep can improve your ability to learn new motor skills by 20%. Eight hours of quality sleep increases your ability to gain new insight into complex problems by 50%.

### THE PHYSICAL BENEFITS OF SLEEP

- Helps with skin health and a youthful appearance.
- Helps increase testosterone levels
- Helps control optimal insulin secretion
- Helps increase athletic performance
- Strengthens your immune system

### HOW DO YOU KNOW IF YOU HAVEN'T GOTTEN ENOUGH SLEEP?

If you have trouble waking up in the morning or you do not wake up feeling refreshed, this could mean you haven't gotten enough quality sleep. Other signs of sleep deprivation include daytime fatigue, mood changes, difficulty focusing and memory loss.

### WHAT IS IN THE IDLIFE SLEEP STRIP & HOW DOES IT WORK?

Melatonin helps you fall asleep quickly, stay asleep, and get deep, restorative sleep with increased REM sleep. 5-HTP releases critical brain neurotransmitters burned out by modern day stressors, increasing calm feelings of wellbeing. L-Theanine helps you to sleep for longer periods, awakening less often by feelings of anxiety, stress and fitfulness.

### I HAVE STARTED DREAMING SINCE TAKING THE SLEEP STRIPS, IS THIS NORMAL?

REM sleep, one of five stages of your sleep cycle, is what many experts call "restful sleep." This is the stage of sleep where we

dream. A reduction in REM sleep leads to a less restorative and less satisfying sleep. The IDLife Sleep product promotes REM sleep cycles so, yes, it is perfectly normal to dream while using the Sleep Strips.

### WILL I WAKE UP FEELING GROGGY?

Because all of the ingredients in the IDLife Sleep Strips are naturally derived, you should wake up feeling refreshed and restored without a groggy feeling.

### ARE THE SLEEP STRIPS ADDICTIVE? IF I USE THEM REGULARLY, WILL I BE ABLE TO SLEEP AT ALL WITHOUT THEM?

The ingredients in the Sleep Strips have not been shown to have addictive properties. If you stop using the Sleep Strips, your sleep patterns should return to the same as those you experienced prior to using them.

### CAN I TAKE MORE THAN ONE IDLIFE SLEEP STRIP AT A TIME?

It is safe to take more than one at a time, but most people only need one to achieve the desired outcome of restful and restorative sleep.

### ARE THERE OTHER BENEFITS IN TAKING IDLIFE SLEEP STRIPS?

In addition to helping you fall asleep and giving a feeling of overall wellbeing, melatonin is a powerful antioxidant and free radical scavenger that helps combat inflammation. In fact, melatonin is so integral to your immune system that a lack of it causes your Thymus gland, a key component of your immune system, to atrophy. L-Theanine is thought to have both antioxidant and relaxant effects. Some studies have shown that the amino acid may also be helpful in lowering lipids in the blood, fighting obesity, and helping with cognitive function.

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

## Supplement Facts

Serving Size: 1 Strip  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
L-Theanine	15 mg	**
5HTP	7.5 mg	**
Melatonin	1.5 mg	**

\*\*Daily Value Not Established.

### OTHER INGREDIENTS:

Pectin, Glycerin, Natural Flavors, Water, Micro-crystalline Cellulose, Cocoa Butter, Stevia, Magnasweet® and Sodium Chloride.



Americans struggle with getting enough sleep each night. Over 65 million prescriptions are written for sleep aids each year and over 100 million over the counter sleep aids are sold in the US alone each year. It's clear that we are aware that we are not sleeping well, but unaware of the effects these choices can have on our long-term health.

#### **THE PROBLEM:**

- Many prescription and over-the-counter sleep aids are habit forming and inhibit the body's natural sleep cycle, leading to addiction or endless dependence on the drug.
- Many people lean toward a sleep aid as a way to counteract not giving the body enough hours to sleep.
- Studies show lack of sleep has become the number one contributor to disease and obesity in the country.
- Inadequate sleep can have the same effect on the body as alcohol.

#### **THE SOLUTION:**

- IDLife Sleep Strips are a simple strip that dissolves on your tongue or inside your cheek that helps you fall asleep, stay asleep and get that deep restorative REM sleep.
- All ingredients are non-habit forming and scientifically proven to be effective.

*“Since I’ve been introduced to IDLife Sleep, it’s been amazing. My life has changed. I fall asleep and stay asleep all night long. I’m waking up so refreshed. My performance through the day is amazing.” —Mia Monde*