

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

SLEEP

Poor sleep and insomnia can come from many factors. Anxiety, stress, pain, eating too many carbs, especially before bed. Lack of exercise. Menopause can often cause insomnia. Drinking can contribute. Stress, over-thinking. Electronics before bed. Watching upsetting programs, like the News, before bed. Lack of darkness in your room.

Look at changing things you can do. Meditation, especially before bed can help. There are many guided meditations for free on "Insight Timer". And here are a few formulas that can help too.



**BE PREPARED THE
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Sleep when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

SCHIZANDRA DREAMS



- **Helps with sleep without feeling drowsy the next day. Treats insomnia and lessens nightmares and sleep apnea.**
- Can also use 1 pill as needed during the day for **anxiety, muscle spasms and panic attacks and substance withdrawal.**
- 2-3 tablets 1 hour before sleep. May also take a dose in the night. Highly sensitive people should start with 1. dosages are for 120 lb adults, adjust dose based on weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & Kids-

SHEN-GEM



- **Treats fatigue when accompanied by prolonged stress, insomnia, nervousness, anxiety, palpitations, poor appetite, sugar cravings. helps with immune system imbalances, Chronic fatigue and some types of chronic pain.**
- Take 2-5 pills, 2-4 times a day. Need to take long term for best results. Dose is for 120lb adult, adjust accordingly.
- If you run hot, this is not recommended . Consider alternative formulas like Ease 2, Tremella, Astra Isatis or Astra Essence.
- Safe for pregnancy, breastfeeding & kids.

THREE IMMORTALS



- **For insomnia due to menopause. With accompanying symptoms of hot flashes, night sweats, headaches/migraines, irritability, palpitations, vertigo, tinnitus, depression, low back pain, hot hands and feet, especially at night, constipation, bleeding gums, low sexual drive. For severe hot flashes, add Coptis Purge Fire. If more anger and irritability than heat signs, try Women's Balance instead.**
- Take 1-3 tablets, 2-3 times a day
- Safe for pregnancy & breastfeeding. Kids shouldn't need this one!

CALM SPIRIT



- **Treats insomnia when associated with stress, anxiety, depression, anger. Also poor memory, mouth dryness, constipation due to stress, restlessness, spontaneous sweating and dizziness. If loose stools occur, discontinue.**
- Take 1-3 tablets, 2-4 times a day. Dose is for 120lb adult, adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

MELATONIN



- **Melatonin is great to regulate your sleep. It is not so much a sleeping pill. It is great to adjust to time changes like Daylight savings time or traveling to a different time zone.**
- It is best to not taken more than 3mg a day.
- There are many different brands and ways to take it. This one is liquid and also topical. Shake well before each use.
- Put 5 drops under the tongue at bedtime, increasing to 15 drops as needed. Repeat during the night as needed or as directed by your healthcare provider. May also be applied topically to the temples anytime as needed.

SLEEP FORMULA



- **This helps with falling asleep. That is often the trickiest part of sleep.**
- Take 2-3 pills with a small amount of warm water 1 hour before bed.
- It is not recommended for breastfeeding and pregnancy. Please see Sleep protocol for alternatives.

MAGNESIUM



- **There are many magnesium formulas that can really help with sleep. They can also decrease pain. It also helps control blood glucose and carbohydrate metabolism.**
- Take 1 scoop mixed with 8 oz of water 1-2 times a day.
- Consult with your healthcare provider if you are pregnant or nursing.

RESCUE REMEDY



- This is a great homeopathic formula good for the whole family. It is safe and easy to use.
- Bring spray bottle up to mouth and apply 2 sprays onto the tongue prior to retiring.
- Additional sprays may be taken during the night as needed.
- Safe for everyone