

[ Developed by Dr. Penny Kendall-Reed, N.D. ]<sup>+</sup>

**Protocol Objectives:**

To support healthy sleep patterns in the REM-NREM stages, promote sleep onset time, balance the Hypothalamic-Pituitary-Adrenal (HPA) axis, and maintain normal cortisol release. These functions may be affected by stress.<sup>‡</sup>

<b>Clinical Objective<sup>‡</sup></b>	<b>Assessment</b>	<b>Select from the Following Recommendations<sup>†</sup></b>	<b>Dosing</b>
<b>Support sleep onset</b>	Latency between wakefulness and sleep (self-reported)	<b>Rest Reset™</b>	1 capsule, 30-60 minutes before bed, without food
<b>Support deep sleep and restful nights</b>	Self-reported sleep quality	<b>Rest Reset™</b>	1 capsule, 30-60 minutes before bed, without food
		<b>Sereniten Plus</b>	1 capsule before bed and/or 1 capsule if waking in the night
		<b>Melatonin Prolonged Release 3 mg</b>	1 capsule before bed
<b>Sleep support in patients with concurrent adrenal support needs</b>  <ul style="list-style-type: none"> <li>• Support negative feedback in the HPA loop</li> <li>• Maintain healthy glucocorticoid levels</li> </ul>	Orthostatic vital sign measurement	<b>Sereniten Plus</b>	1 capsule, twice daily, without food
	Monitor glucocorticoid/cortisol levels	<b>Rest Reset™</b>	1 capsule, 30-60 minutes before bed, without food
	Self-reported sleep quality Self reported stress, irritability BMI	<b>Melatonin Prolonged Release 3 mg</b>	1 capsule before bed
		<b>GABA 500 mg (optional)</b>	1 capsule, twice daily, without food
<b>Sleep support in patients with concurrent adrenal support needs</b>  <ul style="list-style-type: none"> <li>• Support healthy cortisol release</li> <li>• Support adrenal function</li> </ul>	Orthostatic vital sign measurement	<b>Sereniten Plus</b>	2 capsules, twice daily with a gradual decrease to 1, twice daily, without food
	Monitor glucocorticoid/cortisol levels	<b>Rest Reset™</b>	1 capsule, 30-60 minutes before bed, without food
	Self-reported morning energy level BMI	<b>AdrenoMend (herbal adaptogen)</b> <b>OR</b> <b>Adrenplus-300 (glandular)</b>	2-4 capsules, in the morning, with food
			1 capsule, twice daily, without food

<sup>†</sup>Please note that patients may not require all supplements listed.  
<sup>+</sup>Dr. Penny Kendall-Reed is a retained consultant for Douglas Laboratories.  
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<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.