

# SLEEP

Developed with Dr. Penny Kendall-Reed, N.D.\*

## Protocol Objective:

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.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
<b>Support sleep onset</b>	Latency between wakefulness and sleep (self-reported)	<b>Rest Reset™</b> Formula: 202401	1 capsule, 30-60 minutes before bed, without food
<b>Support deep sleep and restful nights</b>	Self-reported sleep quality such as: Trouble falling asleep and/or staying asleep Sleep is affected by stress Daytime fatigue	<b>Rest Reset™</b> Formula: 202401	1 capsule, 60 minutes before bed, without food
		<b>Sereniten Plus</b> Formula: 201348	2 capsules, twice daily, with a gradual decrease to 1, twice daily, without food
		<b>Melatonin P.R.</b> 3 mg Prolonged Release Formula: 83199	1 capsule, 60 minutes before bed
<b>Sleep support in hyperadrenal patients (adrenal overdrive)</b>  • Support negative feedback in the HPA loop  • Maintain healthy glucocorticoid levels	Orthostatic vital sign measurement  Monitor glucocorticoid/cortisol levels  Self-reported sleep quality Self-reported stress, irritability BMI	<b>Sereniten Plus</b> Formula: 201348	1 capsule, twice daily, without food
		<b>Rest Reset™</b> Formula: 202401	1 capsule, 60 minutes before bed, without food
		<b>Melatonin P.R.</b> 3 mg Prolonged Release Formula: 83199	1 capsule, 60 minutes before bed
		<b>GABA</b> Formula: 80611	1 capsule, twice daily, without food
<b>Sleep support in hypoadrenal patients (adrenal underdrive)</b>  • Re-establish negative feedback in HPA axis  • Support adrenal functions	Orthostatic vital sign measurement  Monitor glucocorticoid/cortisol levels  Self-reported morning energy level BMI	<b>Sereniten Plus</b> Formula: 201348	2 capsules, twice daily with a gradual decrease to 1, twice daily, without food
		<b>Rest Reset™</b> Formula: 202401	1 capsule, 60 minutes before bed, without food
		<b>AdrenoMend™ (herbal adaptogen)</b> Formula: 200529  OR <b>Adrenplus-300 (glandular)</b> Formula: 7221	2-4 capsules, in the morning, with food  1 capsule, twice daily, without food

\*Dr. Kendall-Reed is a retained advisor to Douglas Laboratories.

\*Please note that patients may not require all supplements listed.

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