

SLEEP

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

**SUPPORT
PROTOCOL‡**

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
Support sleep onset	<ul style="list-style-type: none"> Latency between wakefulness and sleep (self-reported) 	Goodnight Gummy™ Formula: 202730	<p>Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime</p> <p>Adults, take 2 gummies daily, 30-60 minutes before bedtime</p>
Support deep sleep and restful nights	<p>Self-reported sleep quality such as:</p> <ul style="list-style-type: none"> Trouble falling asleep and/or staying asleep Sleep is affected by stress Daytime fatigue 	Goodnight Gummy™ Formula: 202730	<p>Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime</p> <p>Adults, take 2 gummies daily, 30-60 minutes before bedtime</p>
		Sereniten Plus Formula: 201348	1 capsule daily
		Melatonin P.R. 3 mg Prolonged Release Formula: 83199	1 tablet, 1 hour before bedtime
Sleep support in hyperadrenal patients (adrenal overdrive)	<ul style="list-style-type: none"> Orthostatic vital sign measurement Monitor glucocorticoid/cortisol levels Self-reported sleep quality Self-reported stress, irritability BMI <ul style="list-style-type: none"> Support negative feedback in the HPA loop Maintain healthy glucocorticoid levels 	Sereniten Plus Formula: 201348	1 capsule daily
		Goodnight Gummy™ Formula: 202730	<p>Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime</p> <p>Adults, take 2 gummies daily, 30-60 minutes before bedtime</p>
		Melatonin P.R. 3 mg Prolonged Release Formula: 200529	1 tablet, 1 hour before bedtime
		GABA Formula: 80611	1 capsule daily
Sleep support in hypoadrenal patients (adrenal underdrive)	<ul style="list-style-type: none"> Orthostatic vital sign measurement Monitor glucocorticoid/cortisol levels Self-reported morning energy level BMI <ul style="list-style-type: none"> Re-establish negative feedback in HPA axis Support adrenal functions 	Sereniten Plus Formula: 201348	1 capsule daily
		Goodnight Gummy™ Formula: 202730	<p>Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime</p> <p>Adults, take 2 gummies daily, 30-60 minutes before bedtime</p>
		AdrenoMend™ Formula: 200529 OR Adrenplus-300 Formula: 7221	<p>2-4 capsules, in the morning, with food</p> <p>1 capsule, twice daily, without food</p>

Available for download at: douglaslabs.com/protocols

*Dr. Kendall-Reed is a retained advisor to Atrium Professional Brands.

†Please note that patients may not require all supplements listed.

‡The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.