

SLEEP PROTOCOL OBJECTIVE

Developed with Dr. Jacob Teitelbaum†

Protocol Objective:

To support healthy rest/sleep.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy sleep and nocturnal rhythms	Trouble falling asleep	Melatonin P.R. 3 mg Prolonged Release Formula: 83199	1 capsule, before bed
Support healthy sleep	Sleep is affected by stress	Sereniten Plus Formula: 201348	1 capsule daily
Support healthy iron levels	Serum ferritin	Amino Iron Formula: FEC	1 tablet daily
Support healthy muscle function and relaxation	Feels restless during sleep	Magnesium Glycinate Formula: 202733	1 tablet, 1-2 times daily

Available for download at: douglaslabs.com/protocols

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

†Dr. Jacob Teitelbaum was a retained advisor for Douglas Laboratories.

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