



INSOMNIA

Nutritional Support Protocol

Lifestyle Recommendations:

1. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week). Avoid exercise late in the day.
2. Avoid extra stress and obligations.
3. Rule out hormone imbalance/deficiencies.
4. Rule out hypothyroidism, hypoglycemia, and weak adrenal function.
5. Avoid smoking and alcohol consumption.
6. Avoid caffeine containing products, stimulant-containing herbs, and hypoglycemic conditions.
7. Check prescription drugs for side effects. Many contain caffeine.

Dietary Recommendations:

1. Eat turkey or drink warm milk before bed as they contain tryptophan. Calcium and magnesium at bedtime have a relaxing effect on the body and can aid sleep.
2. Whey protein or other quality protein is essential at every meal to stabilize blood sugar levels.
3. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
4. Avoid taking stimulating nutrients late in the day like carnitine and B vitamins.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Insomnitrol™:	2 capsules before bed
Inositol Powder:	¼ to 1 tsp. or more before bed
Magnesium Malate or Glycinate Chelate:	1-2 at bedtime

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