

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

5620 WILBUR AVE., SUITE 220
TARZANA, CALIFORNIA 91356
PHONE: 818.345.2828
FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

Dreamy

It's time for bed...

WHAT IT IS:

- A natural, non-drug herbal blend to support healthy sleep

WHY YOU NEED IT:

- Important for patients with episodic or chronic insomnia
- Targets patients who have trouble falling or staying asleep
- Great for patients who do not want dependency-creating prescription drugs
- Non-addictive, non-habit forming

HOW IT HELPS:

The latest scientific research confirms the critical importance of healthy sleep. Sleep is the body's way of physiologically and psychologically resetting itself.

To maintain and promote reliable health, sufficient REM sleep (the deep, refreshing, dreamy state) is not optional, but absolutely required. Few things will age you faster than sleep deprivation.

So, exactly how much sleep do you need? The latest research suggests that men need 7.8 hours and women need 7.6 hours of sleep each and every night. No exceptions.

Patients tell me all the time that they 'only need' five or six hours of sleep. These are often the same people who also seem to 'need' coffee, sugar, chocolate, carbs and other stimulants to get through their busy days and evenings. Blood tests can also show that shirking your sleep leads to a serious depletion of adrenal and sex hormones. Without enough of these hormones, people begin to look and feel older; in other words, they are rapidly growing old before their time.

Dreamy provides a comprehensive formula that promotes a healthy sleep cycle by promoting proper levels of the brain hormones that are necessary to induce sleep. These hormones include serotonin and GABA, both of which shift your mind from 'fight-flight' mode into 'rest-digest' mode. Without having a calm mind, there is little hope of ever getting to sleep.

Dreamy also supports a restorative night's rest by employing a proprietary herbal blend to complement your natural sleep hormones. To accomplish this very important task, Dreamy contains the well researched herbs Lemon balm, Hops, Magnolia, and California poppy. Together, these natural extracts help ensure you get safely and comfortably tucked into your cozy bed, each and every night.

Unlike many prescription sleep medications, Dreamy will not cause dependency, addiction or hangovers.

To further guarantee you get to sleep on time, try this 'bio-hack': breathing. Breathing exercises have been proven to shift your brain from sympathetic overdrive mode (fight-flight) into the sleep-promoting parasympathetic mode (rest-digest). Just like you cannot sit and stand at the same time, you cannot simultaneously be in sympathetic and parasympathetic modes. And to induce sleep, your brain has to be in its parasympathetic mode. Specific breathing exercises can help get you into parasympathetic mode faster or help you return to that mode if you happen to wake in the night.

The two breathing exercises that I use every night to trigger the 'rest-digest' sleep mode are Cardiac Coherent breathing and Box breathing. These breathing exercises are extremely easy to do and tutorials are widely available online. Cardiac Coherent breathing consists of breathing air into your belly and then into your chest over the count of 5 ½ seconds, and then reversing the order during exhalation over the same 5 ½ seconds. The idea is to do this seamlessly so the 'in' breath and 'out' breath become one.

Box breathing involves breathing into your belly and then into your chest over a count of four seconds, then holding your inhalation for four seconds. Next you exhale for a count of four seconds, and finally hold your breath for another four seconds before starting the next inhale. Like the four sides of a box, 4 seconds 'in', 4 seconds 'hold', 4 seconds 'out', 4 seconds 'hold', repeat.

If you take some Dreamy and then take 50 Cardiac Coherent breaths followed by 50 Box breaths, you will reliably get to sleep or fall back to sleep if you wake in the night. Like any other exercise, these breathing exercises take a little effort and commitment to make them work for you. At first, you may find your 'To Do' list or 'Worry' list try to take back your attention from these breathing exercises. Repeatedly and gently tell your anxieties, 'Not now', and get back to counting out the rhythms of these breaths in your mind...until your brain slips into sleep mode.

Take Dreamy. Take a breath. Get the rest you need and deserve.

Usual dosage: Take two(2) to four(4) capsules of Dreamy at bedtime and/or on waking in the night. Best taken on an empty stomach, but will work either way.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.