

SLEEP ISSUES

CONDITION PROTOCOL

Supplementation Regimen:

- Optimal B Awake, 1-2 capsules morning and/or early afternoon, as needed for energy
- Optimal Calm, 3 capsules 45 minutes before bed and additional 2 capsules if you wake during the night
- Optimal Sleep Gummies, 1-2 gummies 5 minutes before bed; take time chewing to allow saalvia to break it down for it to enter your system faster



Nutrition Regimen:

- Closely monitor medication use
- Eat only digestion-friendly foods close to bedtime, such as raw or unprocessed foods and whole grains
- Don't eat for 2 hours prior to bedtime
- Eliminate all synthetic caffeine supplements and/or drinks

Exercise Regimen:

- Anaerobic or Aerobic Exercise: 30 minutes per day, not any closer than 2 hours prior to bedtime