

SLEEP EASIER

ARE YOU HAVING TROUBLE SLEEPING, GETTING TO SLEEP OR STAYING ASLEEP?

ARE YOU EXPERIENCING STRESS, RESTLESSNESS AND NERVOUS TENSION?

Getting a good night's sleep is essential for feeling fresh and ready to face the day. A bad night's sleep can make your head feel foggy, affect your concentration and energy levels. Everyone experiences occasional sleep problems, but perpetual lack of sleep can cause accidents, affect relationships and health.

Short-term lack of sleep can be caused by a work deadline or temporary ill health, but if you regularly have trouble sleeping, you may need help to restore your sleep pattern.

Nature's Own™ Sleep-Ezy is a non-habit forming/non addictive herbal and mineral formula to help promote sleep. Hops is a key ingredient, traditionally used in Western Herbal medicine for its natural sleep-promoting properties. Valerian has a natural mild sedative action and was

traditionally used to help with involuntary muscle movement. Nature's Own™ Sleep-Ezy can be used to help stress, nervous unrest and to promote sleep.

How can you tell if your sleepless night is an isolated occurrence? If you regularly experience any of the following signs, your lack of sleep might be an ongoing problem.

- Irritability or sleepiness during the day?
- Difficulty staying awake whilst watching television and reading?
- Get very tired while driving?
- Difficulty concentrating?

- Look tired?
- React slowly?
- Prone to emotional outbursts?
- Crave coffee and caffeinated beverages to keep going?

*Nature's
Own*

