

# Sleep and Relaxation

## What Is Sleep and Relaxation?

Sleep plays an important role in our overall health and wellbeing as it can provide you with many physical and mental benefits, including anti-ageing. Sleep encourages healthy brain function and supports emotional wellbeing. There is also evidence to suggest that sleep deficiency can cause chronic health problems in the long-term.

A good night's sleep can improve learning, studies show, and it can also balance moods and help you to cope with life situations better.

## What Problems Are Associated with Sleep?

Relaxation is of primary importance if you want to get a good night's sleep. If you have problems getting a good night's sleep, you may have insomnia. This means you have difficulty sleeping and usually won't feel very refreshed the next morning, so it has a knock-on effect on your everyday activities.

Common symptoms of insomnia include difficulty falling asleep, waking up early in the morning, and waking up during the night, along with feeling irritable, tired, and unable to function efficiently the next day.

Other sleep problems include sleep apnea, which is a form of sleep disorder where breathing becomes shallow or infrequent during sleep due to air flow being blocked or prevented from entering the lungs because of an obstruction. Signs and symptoms include loud and heavy snoring, excessive daytime sleepiness, irritability, morning headaches, forgetfulness, changes in mood or behaviour, and even anxiety or depression.

Sleep apnea can usually be treated with weight loss and the use of mandibular advancement devices or nasal continuous air pressure (CPAP). Some people have also highlighted that Serrapeptase has helped them to find relief for their sleep apnea due to its inflammatory properties. Serrapeptase can break down any obstructions in the nasal passage, making it easier for oxygen to be delivered around the body.

## What Can Be Done to Help with Sleep Problems?

There are certain things that can help to improve insomnia, including avoiding stimulants such as caffeine later in the day, avoiding eating heavy meals late at night, having a regular time to wake up, and finally, using thick curtains or an eye mask while you sleep to block out light and noise disturbances for a good night's rest.



**“My husband has aortic valve stenosis and has been taking for about 6 months your recommended dose of 4 x 80,000 IU of the Serra Enzyme and 4 x BlockBuster twice a day morning and night. The doctor wants to replace a valve due to the fact that one of his arteries is 60% blocked, which would mean he would have to have a new catheterization test, which my customer says is very dangerous.**

**I believe the Serra Enzyme and Blockbuster are helping because one symptom my husband had before taking these was Sleep Apnea, which has 95% gone away.”**

**- Celina E.**



*Follow the Health Plan as recommended for the best results:*

## SLEEP AND RELAXATION HEALTH PLAN

The following health plan is designed to help you relax and induce a good night's sleep. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve sleep and relaxation.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support a healthy brain and mind - in order of priority:*

- **Sleep Well** - Spray contains 5-HTP and melatonin. Reduces anxiety and insomnia, helping you get to sleep. Take 6 sprays under the tongue daily.
- **Relaxwell** - Take 2 capsules, 30 minutes before sleep. Promotes relaxation and healthy cortisol levels, and helps you stay asleep.
- **SAM-e Plus+** - Contains SAMe Tosylate for relieving depression and providing a healthy response to stress and emotional imbalance. Take 2 capsules, twice daily.
- **Ancient Minerals Magnesium Oil Ultra** - Apply to skin daily. Magnesium chloride increases ATP cellular energy and 'de-stresses' and soothes the nervous system.
- **Calcium, Magnesium and Potassium Plus™** - Reduces the symptoms of depression and insomnia. Take 3 capsules, twice daily.