



# Stress-Relax® TRANQUIL SLEEP

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RESEARCH INFORMATION

## Feature summary

Lack of quality sleep can cause mood problems, decreased productivity, and safety issues at home and on the job. It can also lead to obesity, cardiovascular problems, and diabetes.

Stress-Relax® Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical sleeping pills. This natural alternative is completely safe, highly effective, and non-habit forming.

Tranquil Sleep works in harmony with the natural signalling chemicals that the body uses to create a healthy sleep cycle. It contains melatonin, 5-hydroxytryptophan (5-HTP), and L-theanine. Melatonin is a brain hormone that regulates our internal clock and makes us sleepy when darkness falls. Low melatonin secretion can cause insomnia, particularly in the elderly. 5-HTP is an amino acid that naturally increases production of serotonin, an important brain chemical that regulates sleep and promotes a feeling of well-being. L-theanine is an amino acid extracted from green tea that naturally induces relaxation and lowers the body's stress response, making sleep more restful.

Natural Factors Stress-Relax Tranquil Sleep combines these natural supplements for a gentle yet powerful synergistic effect that promotes restful sleep, relieves daytime fatigue, and calms nervousness.

## How it works

Stress-Relax® Tranquil Sleep works in harmony with the body's own natural sleep hormones to help reduce the time it takes to fall asleep, increase the quality and duration of sleep, relieve daytime fatigue, and reset the body's sleep-wake cycle.

Melatonin is a brain hormone critical for regulating the "circadian rhythm" of the body's internal clock, and triggering the onset of sleep. Low melatonin secretion at night can be a cause of insomnia. When melatonin levels are low, taking a melatonin supplement is very effective for promoting sleep.

5-hydroxytryptophan (5-HTP) improves sleep by increasing the amount of serotonin in the body. Serotonin is a brain hormone required for healthy sleep. An irregular sleep schedule can reduce serotonin production, triggering a vicious circle of poor sleep, stress, depression, and fatigue. Supplemental 5-HTP is metabolized into serotonin, thereby helping the body restore a pattern of restful sleep.

L-theanine crosses the blood-brain barrier and slows the firing of nerves, resulting in relaxation and a shift to restful alpha brain wave activity, without causing drowsiness. It can also lower the heart rate and reduce the stress response.

Safe and effective Stress-Relax Tranquil Sleep helps you fall asleep faster and stay asleep, with no next-day grogginess.



## Research

Sleep disturbance degrades a person's health and happiness. Pharmaceutical sleeping pills help induce sleep, but they do not provide the tranquil sleep needed because they disturb the normal cycle of rapid-eye-movement (REM) sleep. They can also cause serious mental and physical side effects (Pagel et al., 2001). Therefore, researchers have studied natural alternatives to identify those that are safe and effective.

For many people with disturbed sleep, the duration of the REM phase of sleep is diminished, which can have an impact on brain functioning, metabolism, and immune function. A German study showed that taking supplemental melatonin significantly improved REM sleep. Fourteen outpatients with reduced REM sleep duration (25% or more below normal) were included in a randomized, double-blind, placebo-controlled clinical trial. Patients received 3 mg of melatonin before bedtime daily for four weeks. Those in the placebo group actually had a decrease in REM sleep, while those receiving melatonin had a 21% increase in the duration of REM sleep and reported improved functioning during the day. A second study demonstrated that improved sleep quality continued after participants stopped taking melatonin and only diminished slowly over time. The researchers suggested that melatonin may normalize the circadian rhythm (Kunz et al., 2004).

Both a lack of sleep and poor quality sleep can progressively increase stress. Researchers in Japan found that L-theanine significantly improved sleep quality. The double-blind, placebo-controlled clinical trial enrolled 26 men (ages 25–29) who received either a placebo or 200 mg of Suntheanine® L-theanine one hour before bedtime for six days. Then subjects were “crossed over” to receive the opposite treatment. Their sleep performance was assessed by interviews upon awakening, self-reported questionnaires, and wrist actigraphs, which record bodily movement during sleep. While receiving L-theanine, participants found it easier to fall asleep, had improved quality of sleep with less waking during the night, felt more refreshed upon waking, and had less daytime fatigue (Shirakawa et al., 2004).

Clinical studies have shown that taking a 5-HTP supplement promotes restful sleep in people experiencing insomnia. 5-HTP shortens the time required to fall asleep and decreases the number of nighttime awakenings, thereby improving the quality of sleep (Soulairac et al., 1988). 5-HTP has also been shown to improve sleep quality by increasing the important REM phase of sleep in a dose-dependent manner (Birdsall, 1998).

Stress-Relax® Tranquil Sleep safely and effectively promotes peaceful sleep, helping you feel refreshed and ready for the challenges each day brings.

## Ingredients

Each Tablet Contains:

Suntheanine® L-Theanine .....	100 mg
5-Hydroxytryptophan (5-HTP) ( <i>Griffonia simplicifolia</i> ) (seed) .....	15 mg
Melatonin .....	1.5 mg

Each Softgel Contains:

Suntheanine® L-Theanine .....	100 mg
5-Hydroxytryptophan (5-HTP) ( <i>Griffonia simplicifolia</i> ) (seed) .....	15 mg
Melatonin .....	1.5 mg

## Recommended adult dose

Chew 2 tablets 30–45 minutes before bedtime or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

2 softgels daily 30–45 minutes before bedtime or as directed by a health care practitioner. 5-HTP can cause stomach sensitivity in some people. For this reason it is recommended that you do not take this product on an empty stomach.

## Caution

Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraines, depression, and/or hypertension; if you are taking carbidopa or drugs/supplements with serotonergic activity (these may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAMe), St. John's wort, anti-depressants, painkillers, over-the-counter cough and cold medication containing dextromethorphan, antinausea medication, or antimigraine medication); or if symptoms worsen or persist for more than three weeks (chronic insomnia). Some people may experience diarrhea, nausea, vomiting, and abdominal pain. Discontinue use if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain, or if you experience changes to your skin. Do not use if you are taking blood pressure, immunosuppressive, or sedative/hypnotic medications; if you are pregnant or breastfeeding; or if you have scleroderma. Do not drive, use machinery, or engage in activities requiring mental alertness for five hours after taking melatonin. Keep out of reach of children.

## References

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