

# Somno-Pro® – Restful Sleep

## About Somno-Pro

- Somno-Pro offers an effective combination of natural ingredients L-theanine, melatonin, and 5-hydroxytryptophan (5-HTP).
- L-theanine provides a relaxed, calm state of mind before falling asleep.<sup>1</sup>
- Melatonin helps get to sleep faster and promotes a deeper sleep quality.<sup>2</sup>
- 5-HTP promotes a restorative REM (rapid eye movement) sleep, which helps with learning and memory.<sup>3</sup>
- This combination helps the body relax and support the ability to fall asleep and sleep soundly during the night.
- Somno-Pro decreases the feelings of mild anxiety, which can help support healthier sleep patterns.<sup>4-6</sup>
- Does not trigger the typical side effects of sleep medications like waking up feeling groggy or hungover.

## How to Use Somno-Pro

### Somno-Pro Chewable Tablets

- Chew 2 tablets once per day before bedtime or as directed by a health care practitioner.

### Somno-Pro Enteric Coated Softgels

- Take 2 softgels per day, 30-45 minutes prior to bedtime, or as directed by a health care practitioner. Consult with a health care practitioner for use beyond 4 weeks. Do not take on an empty stomach.

## Cautions and Contraindications

- Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression, hypertension,<sup>7</sup> or if you have an autoimmune skin condition called scleroderma.<sup>8,9</sup> Do not drive or use machinery for 5 hours after taking melatonin.<sup>10</sup> Do not use if you are pregnant or breastfeeding or have any known allergy to any of the ingredients in this product. Consult a health care practitioner if symptoms persist or worsen. Stop this product 1 week prior to surgery. Keep out of reach of children.

## Drug Interactions

- Consult a health care practitioner prior to use 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, antidepressants, pain-killers, over-the-counter cough and cold medication containing dextromethorphan, anti-nausea and anti-migraine medication. If symptoms worsen or persist for more than 3 weeks, consult a health care practitioner. Discontinue use if you show signs of weakness, oral ulcers, skin changes or abdominal pain accompanied by severe muscle pain.<sup>12</sup> Some people may experience diarrhea, nausea, vomiting, and abdominal pain.<sup>13</sup>

## Quick Tips for Optimal Health

- Intense aerobic exercise (using the treadmill, walking, or stationary bike) for 30–40 minutes per day 4 days a week (plus good sleep hygiene) helps improve overall sleep quality.<sup>14</sup>
- Lavender aromatherapy (20 minutes twice a week in a diffuser) may help improve overall sleep quality in women.<sup>15</sup>
- Practise good sleep habits. According to the National Sleep Foundation:<sup>16</sup>
  - Avoid taking a nap during the day.
  - Stay away from stimulants such as caffeine after noon and nicotine after 8:00 pm.
  - Allow 1 hour per ounce of alcohol before going to bed.
  - Establish a regular and relaxing bedtime routine.
  - Associate your bed with sleep. Do not use your bed to watch television, listen to the radio, or check your phone or computer.

PATIENT NAME: \_\_\_\_\_

**PRACTITIONER NOTES:**

---



---



---



---



---



---

PRACTITIONER CONTACT INFORMATION:

## References

---

1. Kimura, K., Ozeki, M., Juneja, L.R., et al. (2007). L-Theanine reduces psychological and physiological stress responses. *Biol Psychol*, *74*, 39-45.
2. Zhdanova, I.V., Lynch, H.J., Wurtman, R.J. (1997). Melatonin: a sleep promoting hormone. *Sleep*, *20*(10), 899-907.
3. Wyatt, R.J., Zarcone, V., Engelman, K., et al. (1971). Effects of 5-hydroxytryptophan on the sleep of normal human subjects. *Electroencephalogr Clin Neurophysiol*, *30*(6), 505-9.
4. Unno, K., Tanida, N., Ishii, N., et al. (2013). Anti-stress effect of theanine on students during pharmacy practice: positive correlation among salivary  $\alpha$ -amylase activity, trait anxiety and subjective stress. *Pharmacol Biochem Behav*, *111*, 128-35.
5. Kahn, R.S., & Westenberg, H.G. (1985). L-5-hydroxytryptophan in the treatment of anxiety disorders. *J Affect Disord*, *8*(2), 197-200.
6. Kahn, R.S., Westenberg, H.G., Verhoeven, W.M., et al. (1987). Effect of a serotonin precursor and uptake inhibitor in anxiety disorders; a double-blind comparison of 5-hydroxytryptophan, clomipramine and placebo. *Int Clin Psychopharmacol*, *2*, 33-45.
7. IOM 2004: Institute of Medicine Committee on the Framework for Evaluating the Safety of Dietary Supplements. Prototype monograph on melatonin. Dietary Supplement Ingredient Prototype Monographs, Developed as Examples for the Report Dietary Supplements: A Framework for Evaluating Safety. Institute of Medicine and the National Research Council of the National Academies, Washington (DC): National Academies Press 2004: D1-D71.
8. Sternberg, E.M., Van Woert, M.H., Young, S.N., et al. (1980). Development of a scleroderma-like illness during therapy with L-5-hydroxytryptophan and carbidopa. *N Engl J Med*, *303*(14), 782-7.
9. Joly, P., Lampert, A., Thomine, E., et al. (1991). Development of pseudobullous morphea and scleroderma-like illness during therapy with L-5-hydroxytryptophan and carbidopa. *J Am Acad Dermatol*, *25*(2 Pt 1), 332-3.
10. Avery, D., Lenz, M., Landis C. (1998). Guidelines for prescribing melatonin. *Annals of Medicine*, *30*, 122-30.
11. Natural Standard. (2011). The Many Uses of 5-HTP: Bottom Line Monograph. *Nat Med J*, *3*. Accessed on July 11th, 2014: <http://naturalmedicinejournal.com/journal/2011-10/many-uses-5-htp>
12. Singhal, A.B., Caviness, V.S., Begleiter, A.F., et al. (2002). Cerebral vasoconstriction and stroke after use of serotonergic drugs. *Neurology*, *58*, 130-3.
13. Natural Health Products Directorate. Monograph: Melatonin – sublingual [Internet]. 2006 [updated 2006 Dec 7; cited 2012 Sep 21]. Available from: <http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/atReq.do?atid=melatonin.sublinguale&lang=eng>
14. Reid, K.J., Baron, K.G., Lu, B., et al. (2010). Aerobic exercise improves self-reported sleep and quality of life in older adults with insomnia. *Sleep Med*, *11*(9), 934-40.
15. Chien, L.W., Cheng, S.L., Liu, C.F. (2012). The effect of lavender aromatherapy on autonomic nervous system in midlife women with insomnia. *Evid Based Complement Alternat Med*, 740813.
16. Sleep Foundation [Internet]. Sleep Foundation. 2020 [cited 21 August 2020]. Available from: <https://www.sleepfoundation.org/>