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**ARE YOU SATISFIED  
WITH YOUR QUALITY OF  
SLEEP?**

# WHAT IS INSOMNIA?

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The inability to fall asleep and stay asleep throughout the night, whether it's short-term or persists for longer, is known as *insomnia*.

# WHAT ARE THE SIDE EFFECTS OF INSOMNIA?

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- Increases fatigue & pain
- Affects behavior & concentration
- Impairs immune system
- Inhibits tissue repair & healing

# WHAT ARE THE CAUSES OF INSOMNIA?

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- Physical
- Emotional
- Environmental

# WHAT CAN I TAKE TO HELP?

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Vitamin B complex

Valerian

Kava

Passion flower

Hops

Chamomile