Points to Remember

1. **Deep Sleep is a tincture**
   It works quickly as the active ingredients enter the bloodstream within 20 minutes. Tablets require time in the digestive system before active ingredients are released.

2. **Deep Sleep is made from fresh herbs**
   Research shows that freshly harvested herbs contain a more complete spectrum of active ingredients when compared to equivalent amounts of dried herbs.

3. **Deep Sleep can help people who don’t sleep**
   It can aid people who have difficulty in falling asleep or those who have interrupted sleep.

4. **Deep Sleep can help people who don’t sleep well**
   Improves sleep quality for those who sleep but don’t wake up feeling rested.

5. **Deep Sleep is non-addictive**
   Suitable for long-term use.

6. **A single dose of Deep Sleep leads to a significantly better and deeper sleep**

7. **Deep Sleep is clinically proven**
   It increases deep sleep time in phases 3 and 4 by 25%.
   It also increases REM time by 25%.

---

Bioforce Canada Inc.
66 Brunswick Blvd., Dollard-des-Ormeaux Qc, Canada H9B 2L3 • 1-800-361-6320
www.avogel.ca • www.avogelinstitute.com
Deep Sleep is a fresh herb preparation for relief of sleep disturbances.

Used to relieve symptoms such as difficulty falling asleep, interrupted sleep and poor quality sleep.

Get some sleep!

There are two main types of sleeping problems:

1. Not enough time spent asleep (sleep efficiency).
2. Not enough time spent in a deep sleep, resulting in feeling unrefreshed upon awakening.

In order to be refreshing, sleep must follow a steady cycle, taking you into a deep sleep (REM sleep) where you dream and back up to a lighter sleep several times during the night. When this doesn’t happen, you will wake feeling like you haven’t benefited from your time spent asleep.

Deep Sleep helps both main types of sleep disturbances:

- Falling asleep is easier.
- Sleep cycles are better, with more time being spent in deep sleep phases.

Contraindications

Deep Sleep is made of Valerian and Hops. Avoid taking if allergic to one of the components. Valerian is a sedative that can cause drowsiness within 2 hours of consumption. Avoid operating heavy machinery or driving a vehicle. Consult a health care practitioner if pregnant or nursing.

Non-addictive; suitable for long-term use.

How Deep Sleep works

Research supports the traditional use of Deep Sleep in aiding sleep.

- Valerenic acid inhibits the breakdown of GABA (gamma-amino-butyric acid), so that more GABA is present in the body. GABA is a calming neurotransmitter which sends soothing messages along the nerve pathways to help switch the nervous system into sleep mode.
- Valerian also contains some GABA. Having higher levels of GABA available in your body helps to tip you smoothly over the threshold from a waking state to a sleeping state.
- Valerenic acid also increases levels of serotonin available in the brain where it is believed to be involved in the sleep-wake cycle.
- Hops are similarly sedating to the nervous system, adding to the sleep-inducing effect. Valerian and Hops work synergistically, adding to each other’s effects to make an extremely effective remedy.

Deep Sleep research

This double-blind, placebo-controlled, randomised clinical trial was carried out in a sleep laboratory in Germany. The trial involved 44 patients with non-organic insomnia (i.e. not caused by depression, back pain, etc.). Their sleep was measured using the sleep frequency index (SFx).

- A measurement of between 80% and 100% indicates that the patient is awake
- A measurement of below 80% indicates that they are asleep
- A measurement of below 68% indicates deep sleep

These charts show the sleep patterns of a patient on the Deep Sleep trial before and after taking the preparation.

Results

In the Deep Sleep group, more people had more minutes under 50% (i.e. in deep sleep), and their sleep cycles were more regular. The table below shows the average sleep phases achieved by the participants in the trial.

<table>
<thead>
<tr>
<th></th>
<th>Placebo</th>
<th>Deep Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleep time (min)</td>
<td>346.0</td>
<td>321.4</td>
</tr>
<tr>
<td>Time in stage I (min)</td>
<td>93.7</td>
<td>80.0</td>
</tr>
<tr>
<td>Time in stage II (min)</td>
<td>98.0</td>
<td>61.9</td>
</tr>
<tr>
<td>Time in stage III (min)</td>
<td>75.2</td>
<td>102.7</td>
</tr>
<tr>
<td>Time in stage IV (min)</td>
<td>38.4</td>
<td>40.0</td>
</tr>
<tr>
<td>Time in REM stage (min)</td>
<td>18.9</td>
<td>23.6</td>
</tr>
</tbody>
</table>