

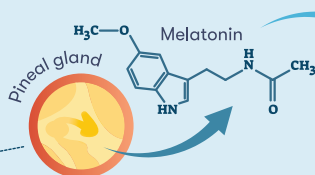
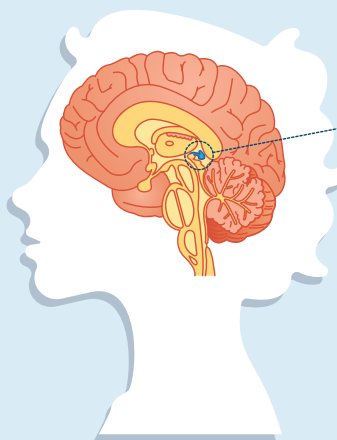
# Sleepessence



Getting enough sleep is essential to maintaining a healthy body as it helps with muscle and organs' recovery and eliminates tiredness accumulated throughout the day. It isn't only about the length of sleep, but also about the quality of sleep! Various studies have reported that the lack of good quality sleep brings negative impacts to physical and mental health, emotion, social and academic performance. Adults aged 18-64 are recommended to sleep for more than 8 hours. However, the sleep duration and quality of Hongkongers are below standard because of their high-stress lifestyle.

## COMMON SLEEP PROBLEMS OF HONGKONGERS

- Need more than 30 minutes to fall asleep after going to bed
- Still feel tired after waking up
- Wake up in the middle of the night and cannot fall back to sleep
- Toss and turn the whole night and unable to fall into deep sleep
- Have an irregular sleep pattern, especially those who work on shifts



Melatonin, which is secreted by pineal gland at night, makes people feel sleepy and is essential for regulating sleep patterns and controlling the biological clock. Blue light is considered a possible factor that may inhibit the secretion of melatonin, therefore, **it is not recommended to use any electronic products before going to bed.** Here are some more tips for a better night's sleep: **add lavender essential oil in bath to help you relax**, and take nutrition supplements 30-60 minutes before bed!



**SLEEPESSENCE** contains four powerful essential oils that have unique sleep-enhancing properties in a softgel vegetarian capsule for easy ingestion. Combining Lavender, Vetiver, Valerian, and Ruta essential oils with the hormone melatonin — a well-known sleep aid — SleepEssence is a natural way to enable a full night's rest, enhance sleep and thus promote physical and mental health.

## KEY INGREDIENTS ✨

### • Powerful essential oils:



Lavender



Vetiver



Valerian



Ruta

• **Melatonin:** Important hormone that regulates sleep pattern

• **Softgel vegetarian capsule:** Can be easily ingested, suitable for vegetarian and vegan

## DIRECTION

Take 1-2 softgels 30-60 minutes before bedtime.