



Sweet Sleep™ is a safe, natural and effective sleep aid

Sleep disturbances have become a problem of epidemic proportions. According to a recent New York Times article, nearly 10% of adults and 25% of children have trouble sleeping. While some sleep problems are due to medical conditions, most people suffer from non-medical issues experienced before or during sleep or upon waking up. Sweet Sleep is the gentle natural answer for a peaceful night's rest.

Sweet Sleep™ is a medical aromatherapy solution from Aroma MD,™ America's premier medical aromatherapy company. Medical aromatherapy is the therapeutic use of plant essential oils based on modern research and ancient wisdom. Physician formulated, Sweet Sleep™ promotes healthy sleeping habits, anxiety relief, balanced emotional state, and refreshed awakening, and is backed by clinical studies of its ingredients.

Popular prescription sleeping pills have been shown to have potentially serious side effects. With Sweet Sleep™ your patients can confidently enjoy a refreshing night's sleep knowing they are using a natural product containing clinically studied essential oils.

CONDITION SPECIFIC SUPPORT AND MODIFICATION

Healthy Sleep Habits:

Lavender essential oil, used in Sweet Sleep, has been clinically shown to support healthy sleep habits such as less time to fall asleep and less night waking, more total sleep and refreshed awakening.^{1*} Cedar in Sweet Sleep™ promotes

regulation of sympathetic nervous activity² altering physiologic feelings of nervousness and anxiety which sometimes make it difficult to fall asleep at night.*

Anxiety Relief:

The essential oils in Sweet Sleep™ have been shown in numerous scientific studies to promote modulation of GABA receptors, promoting anxiety relief.^{3,4} However, the ingredients in Sweet Sleep™ do not disturb REM sleep and have not been found to be addictive.*

Emotional Balance:

The ingredients in Sweet Sleep™ have been used traditionally to foster a sense of security and stability making it helpful for adults or children suffering from separation anxiety or unstable emotional relationships.*

Aromatherapy is a natural healing method which has been used for 5,000 years. Recently, interest in medical aromatherapy has grown tremendously among both patients and practitioners. Until now, it has been hard to find authoritative sources for medical aromatherapy blends and dosages. Aroma MD's™ specially pre-blended products make patient compliance easy. Each product contains age-based dosing and clear usage instructions. Practitioners can rest assured that patients are benefitting from the most therapeutic oils at safe and effective doses.

Sweet Sleep™



The safe, natural aid to peaceful sleep for children and adults*



"I have been using Sweet Sleep every night and have experienced deeper, more restful sleep. Thank you for creating such a great product!"

--Denise M, Delray Beach, FL

"I have had trouble sleeping for years. Since I have been using Sweet Sleep, I fall asleep in 20 minutes and awake refreshed. I haven't been able to stop raving about it to all my friends!"

--J. Saffari, La Jolla, CA

Aroma MD™
Distributed by
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Medical Quality Essential Oils in Sweet Sleep™

Support and Modification	French Lavender	Roman Chamomile	Atlas Cedar
Sleep Onset	✓		✓
Sleep Depth	✓	✓	
Sleep Duration		✓	
Refreshed Awakening	✓		
Anxiety Relief, Emotional Grounding	✓	✓	✓

APPLICATIONS

ADULTS:

Occasional Insomnia due to Anxiety, Jet lag, or Change of Environment:

Internally: 30 minutes before sleep

Topically: Apply to chest as directed; for best effects, use in conjunction with internal use

Chronic Insomnia:

Internally: 30 minutes before sleep; repeat as needed in the middle of the night

CHILDREN:

Difficulty sleeping due to over-activity:

Topically: Apply to chest and back

Bath: Add to a warm bath as directed before bedtime

Difficulty sleeping due to separation anxiety:

Internally: As directed; use in conjunction with a bath or massage as directed above for best effect

SUGGESTED USAGE

INTERNAL (5 and older): 1 drop per year of age up to 20 drops.

TOPICAL: For cosmetic aromatherapy benefits: 3-15 drops to chest, feet or pillowcase, or dabbed onto temples.

BATH: 3-30 drops stirred into bath water.

REFERENCES

1) Goel N, Kim H, Lao RP. An olfactory stimulus modifies nighttime sleep in young men and women. *Chronobiol Int.* 2005; 22(5):889-904. 2) Dayawansa S, Umeno K, Takakura H, et al. Autonomic responses during inhalation of natural fragrance of Cedrol in humans. *Auton Neurosci.* Oct 31 2003; 108(1-2):79-86. 3) Shinomiya K, Inoue T, Utsu Y, et al. Hypnotic activities of chamomile and passiflora extracts in sleep-disturbed rats. *Biol Pharm Bull.* May 2005; 28(5):808-810. 4) Umezu T. Behavioral effects of plant-derived essential oils in the geller type conflict test in mice. *Jpn J Pharmacol.* Jun 2000; 83(2):150-153. 5) Boskabady MH, Kiani S, Rakhshandah H. Relaxant effects of Rosa damascena on guinea pig tracheal chains and its possible mechanism(s). *J Ethnopharmacol* 2006; 106(3):377-82. 6) Buchbauer G, Jirovetz L, Jager W, Plank C, Dietrich H. Fragrance compounds and essential oils with sedative effects upon inhalation. *J Pharm Sci* 1993; 82(6):660-4. 7) Hongratanaworakit T, Heuberger E, Buchbauer G. Evaluation of the effects of East Indian sandalwood oil and alpha-santalol on humans after transdermal absorption. *Planta Med* 2004; 70(1):3-7. 8) Morris MC, Donoghue A, Markowitz JA, Osterhoudt KC. Ingestion of tea tree oil (Melaleuca oil) by a 4 year old boy. *Pediatr Emerg Care* 2003; 19(3):169-71. 9) Theis JG, Koren G. Camphorated oil: still endangering the lives of Canadian children. *Cmaj* 1995; 152(11):1821-4.

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Aroma MD™ Founder and President, Dr. Hedayat is a Stanford-trained critical care physician, board-certified pediatrician and clinical aromatherapist. His training also includes a preceptorship with Dr. Andrew Weil. Dr. Hedayat is the Medical Director of Full Spectrum Health Center for Integrative Medicine in San Diego, CA. He is the author of numerous scholarly articles on critical care and clinical aromatherapy, and is an international speaker on integrative medicine and aromatherapy. Dr. Hedayat is available for clinical aromatherapy workshops for health professionals.

For more information on Aroma MD™ products or to order, contact:

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PRECAUTIONS

Use as directed. Use with caution if patient is taking seizure medication or sleep aids. Doses of medications may have to be adjusted. Internal use not recommended during pregnancy. Discontinue internal use after 4 weeks of continuous use and seek professional help if symptoms persist.