

# Sleep Support



Frequently Asked Questions  
about Innovite Melatonin

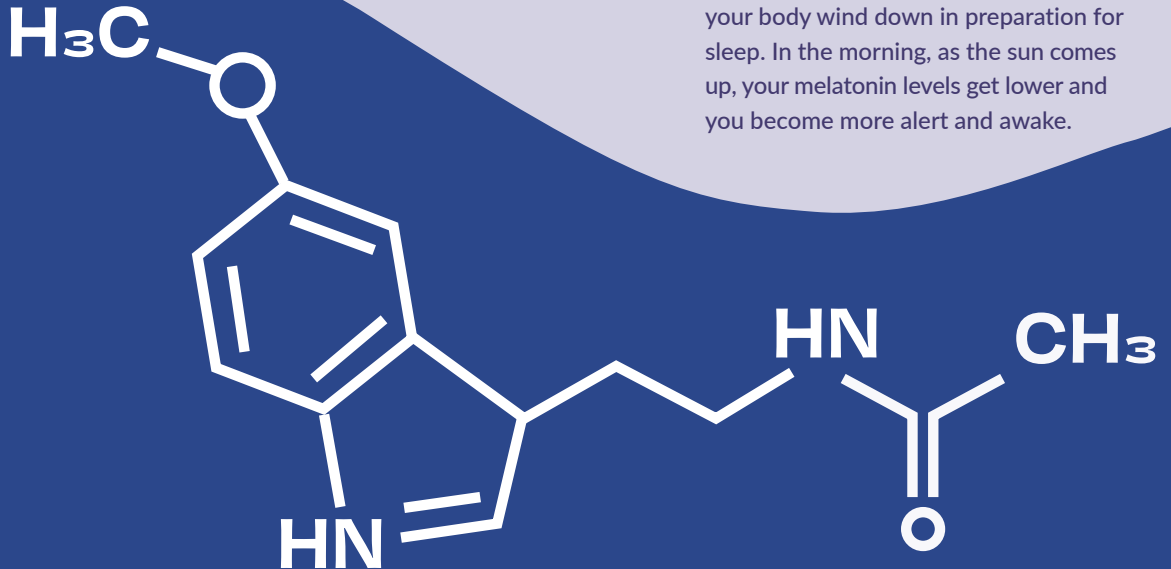
# Why sleep is vital to our health?

Sleep deprivation is more than just the next-day feelings of grogginess and drowsiness. Lack of sleep affects your physical and mental health in many ways, extending into **increased risk of diabetes, obesity, heart disease and stroke.**



# What is Melatonin?

As the natural sleep hormone, melatonin is produced at night by the brain and helps maintain the body's circadian rhythm. Its primary function is to regulate night and day cycles based on exposure to light and darkness. As levels of it rise in the evening, melatonin gets released, making your body wind down in preparation for sleep. In the morning, as the sun comes up, your melatonin levels get lower and you become more alert and awake.



# What causes low melatonin?

There are many factors that may cause low melatonin levels at night. Decreased exposure to sunlight, chronic stress, and excessive use of screens at night affect melatonin production.

Melatonin is ideal for those who are experiencing difficulty falling asleep and staying asleep. It's also beneficial for jet lag, sleep disorder, shift workers or those suffering from sleep restriction or altered sleep schedules.

Do I *need*  
melatonin?

# Will melatonin create a dependency?

Melatonin supplementation is generally safe for short-term use and does not cause dependency nor is habit-forming. Some people who have trouble sleeping have low levels of melatonin, which is where supplementation may help.



Melatonin contributes to the quality and quantity of REM sleep, the sleep cycle known for causing vivid dreams. However, high doses of melatonin all at once are most likely to cause vivid dreams, whereas Innovite's Melatonin is a slow release melatonin. which does not cause a quick surge of melatonin all at once. Slow and sustained release of melatonin may not prevent dreams, but is less likely to cause nightmares.



**Will I experience  
nightmares with  
melatonin?**

**In addition  
to Melatonin,  
practicing a few  
bedtime habits  
can help further  
improve your sleep:**





- Ditch screens at least 45 minutes before crawling into bed. Blue light suppresses the body's release of melatonin.
- Be mindful of your caffeine consumption. What time do you find yourself reaching for that extra cup of coffee? If it's after 2pm, consider reaching for an herbal tea or going for a walk instead.
- Step outside. Exposing yourself to natural light during the day helps maintain circadian rhythms
- For adults, the best bedroom temperature for an ideal sleep is approximately 18.3 degrees celsius (this can vary a few degrees between people). A bedroom that's too warm can cause discomfort and restlessness.





# Melatonin that works.

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## With love, since 1983.

Over 35 years later, Innovite's legacy lives on. Impacting wellness, and allowing Canadians to take back their health.

## Disclaimer

The material contained in this booklet is educational and should not be treated as advice. You must not rely on this information as an alternative to medical advice from your naturopathic practitioner or other health care provider. Do not delay seeking medical advice because of information contained in this booklet.



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