



MAX SLEEP

PRODUCT TECHNICAL EDUCATION SHEET

MAX Sleep is a high strength, therapeutic formulation of herbal medicines, homoeopathic preparations and flower essences synergistically combined for a natural sedative and anxiolytic effect. These science-based ingredients have been proven to improve patient's sleep latency, sleep quality, sleep quantity and common indications associated with a lack of sleep.

INDICATIONS

- Insomnia
- Nightmares
- Stress
- Anxiety
- Mind chatter
- Overtired
- Overwhelmed
- Jet lag
- Shift work
- Waking feeling unrefreshed
- Pain or discomfort affecting sleep
- Liver or digestive stress affecting sleep
- Paediatric and teenage restlessness and sleeping

INGREDIENTS

Ingredient	Amount per 2ml serving
<i>Passiflora incarnata</i>	900mg
Herbal proprietary blend (<i>Matricaria recutita</i> , <i>Melissa officinalis</i> , <i>Piscidia piscipula</i> , <i>Valeriana officinalis</i> , <i>Scutellaria lateriflora</i> ,)	120mg
Homeopathic proprietary blend (<i>Chamomilla</i> , <i>Coffea cruda</i> , <i>Gentiana lutea</i> , <i>Hypericum</i> , <i>Kali phos</i> , <i>Mag phos</i> , <i>Melatonin</i> , <i>Nux Vomica</i> , <i>Passiflora</i> , <i>Pulsatilla</i> , <i>Vitamin C</i>)	
First Light Flower Essences of New Zealand (Proprietary blend of 9 essences)	
Other ingredients: Grander Living Water, Non-Palm Vegetable Glycerine and Food Grade Ethanol	

COMPANION PRODUCTS

CleverSleep® Practitioner Only Products: Ultimate MAG, Liquid MAG and Neuro Health PLUS

FEATURES & BENEFITS

Feature	Benefit
Convenient liquid formulation	Dose can be individualised to suit a person's sensitivity and severity of sleeping challenge
Great tasting	Improves compliance - easy to recommend and easy for people to take
Scientific ingredients to assist sleep	Effective product
Support for nightmares and restless sleep	Promotes more refreshing and peaceful sleep
Comprehensive formula to support sleeping patterns	Regulates circadian rhythm for those who travel or do shift work
Easy to keep by the bed and use if waking up in the night	It can take time to establish healthy sleep. Extra doses can be taken as needed.
Ingredients for reducing cravings for coffee and stimulants	Helps the body wean off stimulants which block healthy sleep.



DOSAGE INSTRUCTIONS

For best results take for a minimum of 1 month and ongoing as needed or as directed by your healthcare professional.

Adults:

Take 2 - 4ml (40 - 80 drops)

Children:

Take 1 - 2ml (20 - 40 drops)

The dose can be taken either straight under your tongue or in 30ml of water before bed. Repeat just as you turn out the light. The dose can be repeated if waking in the night until sleep is achieved.

A reduced maintenance dose may be used when healthy sleep patterns are achieved.

Do not use if the seal is broken. Store below 30°C in a dry place.



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PASSIFLORA INCARNATA (PASSIONFLOWER)

INGREDIENT RESEARCH

Passiflora incarnata is an ancient herbal medicine used worldwide and widely known because of its sedative and anxiolytic effects, as such it is an extremely useful tool in supporting people suffering from sleeping challenges.

Traditional use:

- Restlessness
- Wakefulness, nervous irritability, especially when resulting from exhaustion or prolonged illness
- Hysteria, nervous tachycardia
- Insomnia in infants and older adults resulting from mental worry or overwork
- Neuralgic pain (including facial and rectal)
- Nervous symptoms resulting from menstrual disturbances, spasmodic dysmenorrhoea.

Clinical use:

- Compared with benzodiazepines, Passiflora incarnata has shown similar efficacy in patients suffering from generalised anxiety disorder, without significant impairment of job performance as seen with benzodiazepines.¹
- The use of Passiflora incarnata improves sleep quality in healthy subjects.²
- The effects of Passiflora incarnata on sleep occur through the Gamma-aminobutyric acid (GABA) system, an inhibitory neurotransmitter, which mimics most of the treatments for insomnia such as benzodiazepines (see figure 1.0).³
- It is suggested that Passiflora incarnata can be used to relieve residual symptoms of anxiety in patients with bipolar disorder in standard treatment.⁴

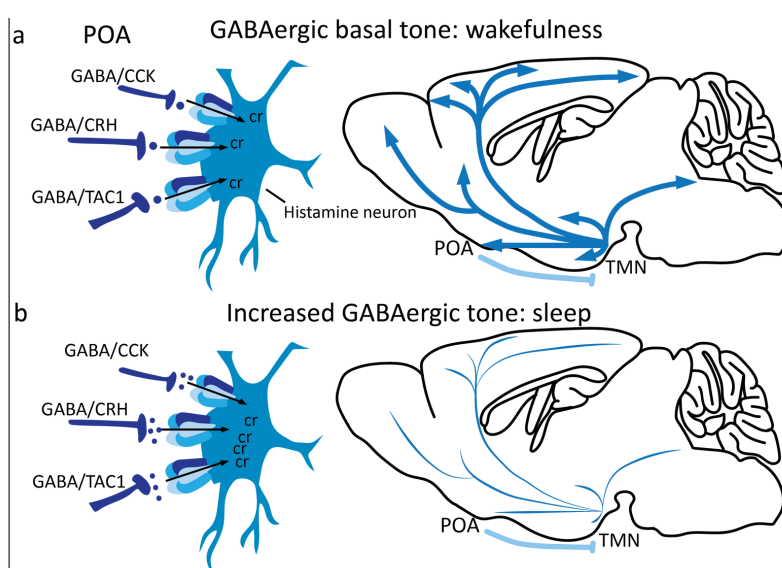


Figure 1.0 GABA Receptors and the Pharmacology of Sleep

Adapted from Wisden W., Yu X., Franks N.P. (2017) GABA Receptors and the Pharmacology of Sleep. In: Landolt HP., Dijk DJ. (eds) Sleep-Wake Neurobiology and Pharmacology. Handbook of Experimental Pharmacology, vol 253. Springer, Cham. https://doi.org/10.1007/164_2017_56



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MATRICARIA RECUTITA (CHAMOMILE)

INGREDIENT RESEARCH

Chamomile is an ancient medicinal herb that is commonly used for patients presenting with anxiety and sleep disorders.

Traditional use:

- Insomnia
- Inflammation, rheumatic pains
- Muscle spasms, menstrual disorders
- Ulcers, wounds, gastrointestinal disorders.⁶

Clinical use:

- Chamomile induced deep sleep in 10 out of 12 people during cardiac catheterisation despite pain and anxiety experienced during the medical procedure while significantly increasing the mean brachial artery pressure.⁷
- It is suggested that oral chamomile improves sleep quality among elderly outpatients⁸ or those hospitalised in nursing homes.⁹
- A meta-analysis with 12 different studies shows a clear relationship between Chamomile and improvement of sleep quality while being a safe intervention.¹⁰

MELISSA OFFICINALIS (LEMON BALM)

INGREDIENT RESEARCH

Melissa officinalis is a plant in the mint family and currently naturalised worldwide. It is historically been prescribed as a treatment for disorders of the nervous and digestive systems.

Traditional use:

- Insomnia
- Analgesic, sedative
- Depression, nervous breakdown
- Painful menstruation, antispasmodic
- Common cold and influenza.

Clinical use:

- A study demonstrated that among 918 children aged 12 years treated with Melissa officinalis and Valerian showed an 80.9% perceived improvement in dyssomnia and 70.4% of them had a clear improvement in restlessness.¹¹
- There is evidence that the use of Melissa officinalis is an efficient tool in reducing anxiety, depression, and sleep quality for burn patients,¹² its action is due to the direct interaction with the CNS and the cholinergic and GABAergic systems.¹³
- It has the ability to reduce negative mood effects resulting from stress, significantly increasing perceived sense of calmness, without losing accuracy during mental and arithmetic tasks.¹⁴
- Improves sleep quality while supporting digestion and lifting mood.¹⁵

VALERIANA OFFICINALIS (VALERIAN)

INGREDIENT RESEARCH

Valeriana officinalis is a plant native to Europe and Asia and its use dates back to the Greek and Roman Empires. It is one of the most studied herbs and widely used to support patients with insomnia and mood disorders.



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VALERIANA OFFICINALIS (VALERIAN) CONTINUED

Clinical use:

- Chronic stress is well known to disturb the brain levels of GABA, which can cause sleep disturbances. Research has found that Valeriana officinalis and Melissa officinalis extracts normalise brain levels of GABA and could be indicated to support the sleep of chronically stressed patients.¹⁶
- When given to primary school children, Valerian root and Lemon balm extracts have been proven to be beneficial for children who experience hyperactivity, concentration difficulties, and impulsiveness.¹⁷
- A meta-analysis of 16 studies including 1093 patients concluded that Valerian improved sleep quality without the common side effects of standard sleeping pills, also known as the hangover effect.¹⁸

PISCIDIA PISCIPULA (JAMAICAN DOGWOOD)

INGREDIENT RESEARCH

Piscidia Piscipula is commonly named Jamaican dogwood and has medicinal value as an analgesic and sedative.

Traditional use:

- Soothing to the nervous system
- Restlessness, wakefulness, and sleep disturbances
- Pain
- Anti-inflammatory
- Antispasmodic effects¹⁹

SCUTELLARIA LATERIFLORA (SKULLCAP)

INGREDIENT RESEARCH

Scutellaria Lateriflora is an American herb that resembles a medieval helmet. It can nourish and support the nervous system, which is the reason why it has been used to relax patients with sleep disturbance.

Traditional use:

- Soothing to the nervous system and nervous excitability
- Restlessness, wakefulness, and disorders arising from physical or mental overwork
- Anxiety
- Headache
- Neuralgia and tremor.

Clinical use:

- Skullcap flavonoids bind to the benzodiazepine site of the GABA receptor suggesting an anxiolytic effect.²⁰
- It is believed that Skullcap has a high affinity to the serotonin receptor 5-HT7, which is beneficial in supporting the improvement of sleep disorders, anxiety, panic, and phobias.²¹



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FLOWER ESSENCE ACTIONS

First Light® Flower Essences of New Zealand

Exclusive formulation of 9 Flower essences blended for SleepDrops® International by Franchelle Ofsoske-Wyber. Flower essences work by helping to transform negative emotional states affecting sleep into positive harmonious energetic patterns, helping to sleep and emotional resilience as follows:

Preparation	Intended Action
Phormium (Native flax)	Offers a sense of inspiration, insight, spiritual steadiness, and orientation when dejected, jaded, or tired. For people who are experiencing restlessness, impatience, irritability, feel stressed by life or by difficult situations or environment.
Coprosma (Karamu)	Helps one develop focus, control, direction, and self-confidence. Support to stay in the moment.
Rhabdothamnus solandri (Matata)	Support for stress, extreme nervous tension, mental stress, burnout or exhaustion. For people who are experiencing mental overload, scattered focus, absent-mindedness, always worried or can't switch off their mind.
Hebe stricta (Koromiko)	Beneficial to develop sense of calm, clear perception, and personal equilibrium.
Lobelia anceps (Costal lobelia)	Useful to develop cool logic and support the development of fairness, balance, understanding, and equanimity.
Clematis vitalba (Clematis)	Provides white light protection, fostering a sense of order, emotional freedom, and upliftment. For a person experiencing worry, anxiety, insecurity, inadequacy or depressive states.
Corokia cotoneaster (Golden corokia)	Useful when needing time out, inner grace, and help to pause and consider a new perspective.
Paesia scaberula (Lace fern)	For restoring and maintaining the auric pattern and energetic integrity.
Clianthus puniceus (Kaka beak)	Intended to offer a sense of closure, balance, centreing, and settling in the instance of travel sickness or jet lag. Support for individuals who feel they have no energy left, are tired or frustrated.



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HOMEOPATHIC RESEARCH^{24 25}

Preparation	Research
Chamomilla (chamomile)	Indications include; feeling sleepy but unable to get to sleep, drowsiness in the morning, anxious dreams which can cause waking and anger, moaning or crying during sleep, coughing during sleep, hot feet at night, and the need to stick them out of bed, symptoms are worse after 9 pm. Other indications include night sweats, sensitivity from abuse of coffee and drugs or frightening dreams with half-opened eyes.
Coffea crud (unroasted coffee)	Indications include; sleeplessness, restlessness and dozing after 3 am, waking with a start, and sleep disturbed by dreams. Sleeplessness due to mental activity and a flow of ideas with excitability.
Gentian lutea (gentian)	Tonic for the digestive system if digestion is affecting sleep.
Hypericum (St John's wort)	This is a formula for conditions affecting the central nervous system and for nerve pain, shock, concussion and back pain which travels up and down the spine.
Kali phos (potassium phosphate)	Indications include weakness and fatigue, mental and physical depression, anxiety, overexcitement, overwork, worry, sleep walking and nightmares.
Mag Phos (magnesium phosphate)	The great anti-spasmodic remedy. Cramping of muscles with radiating pains. Neuralgic pains. Especially suited to tired, languid, exhausted participants. Indisposition from mental exertion.
Melatonin	Supports the body's natural production of melatonin to encourage healthy sleeping patterns.
Nux vomica (poison nut tree)	Indications include; irritability, insomnia especially from overwork or abuse of alcohol, tobacco or drugs.
Passiflora (passion flower)	Indications include; feeling restless and wakeful especially from exhaustion, worry and overwork. Night-time cough.
Pulsatilla (pasque flower)	Indications include; sleeping with arms over the head, sleep disturbed by rich food or the room being overheated. Sleep improves after moderate exercise before bed. Other indications include; being wide awake in the evening and restless in the early part of the night, wakes feeling drowsy and unrefreshed and is sleepy in the afternoon.
Vitamin C	Encourages the body to utilise vitamin C for adrenal health, stress protection, neurotransmitter synthesis, overall wellbeing, and immunity.



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CAUTIONS

The main ingredient in MAX Sleep is passionflower. This is a safe herb to be used with many medications. However, please be aware that as this is a herbal supplement we advise people to take 2 hours away from medications.

Drug, nutrient, diet or dietary interactions:

Sedatives (drugs that cause sleepiness)

Because of its calming effect, passionflower may increase the effects of sedative medications. These can include but are not limited to:

- Anticonvulsants such as phenytoin (Dilantin®)
- Barbiturates
- Benzodiazepines such as alprazolam (Xanax®) and diazepam (Valium®)
- Drugs for insomnia, such as zolpidem (Ambien®), zaleplon (Sonata®), eszopiclone (Lunesta®), ramelteon (Rozerem®)
- Tricyclic antidepressants, such as amitriptyline (Elavil®), amoxapine, doxepin (Sinequan®), and nortriptyline (Pamelor®)

Antiplatelets and anticoagulants (blood thinners)

Passionflower may increase the amount of time blood needs to clot, so it could enhance the effects of blood thinners and increase your patient's risk of bleeding.

These can include but are not limited to:

- Clopidogrel (Plavix®)
- Warfarin (Coumadin®)

Monoamine oxidase inhibitors (MAO inhibitors or MAOIs)

MAO inhibitors are an older class of antidepressants that are not often prescribed now. Theoretically, passionflower might increase the effects of MAO inhibitors and their side effects, which can be dangerous.

These drugs include but are not limited to:

- Isocarboxazid (Marplan®)
- Phenelzine (Nardil®)
- Tranylcypromine (Parnate®)

CONTRAINDICATIONS

Anyone with an allergy or sensitivity to one or more of the ingredients

This technical education sheet was created by CleverSleep® Research team for healthcare professionals. This information is not intended to replace medical advice. It is designed to provide the most updated information about our products. All the scientific research used to validate this document is available upon request or through the research section of our website www.cleversleep.co.nz.