

HERBAL NIGHTS

In ancient Greece, sleep was represented as an adolescent running on heart to give men the rest of body and soul, sleep intended as separation from daily labours and recovery of strengths. Thus, the well-being of our organism is not only determined by a correct feeding, an adequate physical activity, a good predisposition to face up to stress sources without being overwhelmed by anxiety and worries, but, above all, it is connected to the possibility of a healthy night rest, characterized by a restoring sleep for the recovery of energy.

• WHAT IS SLEEP-WAKING RHYTHM?

Sleep-waking rhythm represents the vital continuum of man; the state of wakefulness is characterized by attention, consciousness, possibility to do oriented actions; the sleep is a fundamental need of man and it is necessary to recover energy for a new day. In order that the passage from the state of wakefulness to sleep occurs, two conditions are necessary: the first is the activation of circadian rhythms, the second is the absence of strong sensory and emotional stimuli.

• HOW IS NIGHT SLEEP CHARACTERIZED?

Sleep is divided into two phases: *REM Sleep* - it is characterized by dreams, body and eyes motions and cardiovascular parameters similar to the state of wakefulness, it is fundamental to recover mental energies; *Non-REM Sleep* - it is characterized by absence of dreams, reduced motions and physiological parameters, it is fundamental to recover physical energy. Both phases are necessary to reach a complete physiological recovery; the sleep induced by medicines reduces *REM* phase, prolonging *Non-REM*, causing the loss of lucidity in the morning.

• WHY IS IT DIFFICULT TO SLEEP?

Bad night rest is not an illness but the symptom of several physiological conditions of discomfort: altered emotional equilibrium, physical weakening, anxiety, worries for imminent events. It is a phenomenon which affects negatively physical and mental efficiency of the following day and it is referred to everybody, children, adults and aged people.

• WHICH HELPS DOES NATURE OFFER TO US?

Several officinal herbs can help night rest, without altering the balance between *REM* and *Non-REM* phases. The most effective find an utilization in **Night Herbs** line: *Passionflower*: it has a hypnotic, antispasmodic, sedative action, useful to people who have difficulty in falling asleep and to very sensitive people who tend to brood on. *Hawthorn*: it balances cardiovascular apparatus and relaxes muscles reducing night awakenings. *Escholtzia* (*Eschscholtzia californica*): it induces sleep and reduces early awakenings both in children and aged people. *Chamomile*: it calms anxious states, linked to moodiness, which reduce the sleep. *Linden*: it induces a physiological sleep in hypertensive people who wake up continuously. *Valerian*: it acts on central nervous system by inhibiting the recovery of neurotransmitters which induce sleep. *Hop*: it is traditionally used for its natural and relaxing calming actions. *Hop* is commonly used for its calming effect on nervous system. It is excellent to improve sleep. *Lavender Flowers*: they have a calming and relaxing effect and they are used in lighty type of insomnia.

• WHAT DOES HERBAL NIGHTS LINE CONSIST OF?

Herbal Nights line, made of herbs extracts known for their salutary action on the induction and maintenance of a quiet and resting sleep, consist of two products.

This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by: **ESI s.p.a.**
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