

SLEEP



This **Personal Coach program** is designed to help you take simple steps toward living more serenely. The objective is to help you achieve a healthy lifestyle by using easy-to-adopt measures to sleep more soundly again.



DEVELOP THE RIGHT HABITS!



IN THE MORNING

- **Get up at the same time**, every day if possible.
- **Prepare a healthy breakfast** (with whole-wheat bread or cereals, a dairy product, fruit juice and one cup of tea or coffee).



DURING THE DAY

- **Take a nap if possible**, for a half an hour maximum, so as not to prevent you from sleeping at night.
- **Eat a balanced meal** rich in antioxidants (vitamins C and E, beta-carotene and selenium), vitamin B and magnesium for optimal nutrition.
- **Practice a physical activity**
- **Avoid unhealthy snacks.**



AT THE END OF THE DAY

- **Have a light meal at a fixed time**, two to three hours before bed.
- **Avoid stimulants** (coffee, tea, soda, tobacco and alcohol).
- **Do not do any intense physical activity after 8pm.** This could prevent you from sleeping.
- **Disconnect...** Unplug all electronic devices (cell phone, PC, tablet and television) one hour before going to bed. They stimulate the brain and make it harder to sleep
- **Listen to your body.** As soon as you feel tired (e.g. yawning, burning eyes), go to bed.
- **Turn your alarm clock** towards the wall. Looking at the time when you cannot sleep only makes things worse.
- **Avoid sleeping with a pet** since it could disturb your sleep.
- **Concentrate on your breathing** if sleep is slow to come.



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take 150 to 300mg per day** ⁽¹⁾⁽²⁾ **for 15 days to one month or 600mg** ⁽³⁾ **per day for two days (one day before and on the day of a particular event).**

⁽¹⁾ Lanoir D. (et Al.), *Stress*, 5 (suppl.), 124, (2002)

⁽²⁾ Dr Abdul Samad F. (et. Al.). Unpublished, (2011)

⁽³⁾ Messaoudi M. (et Al.), *Stress*, 5 (suppl.), 124, (2002)