

YOU WOULD'VE
DREAMT ABOUT IT
IF YOU COULD'VE.



H U M N

GET SLEEPING® is a new, fresh approach to treating sleep issues, with ingredients that address the underlying causes of insomnia, sleep disturbances and sleep disorders.

GET SLEEPING® is unique in the market place with a unique combination of ingredients that calm the brain, reducing stress and anxiety.

GET SLEEPING® combines ingredients that helps to promote the increase of, and balance of, neurotransmitters.

GET SLEEPING® uses ingredients that help a person to reach homeostasis while balancing neurotransmitters, hormones, brain wave activity and circadium and bodily bio-rhythms to enter slow wave, non-REM and REM sleep that is essential to a person waking up feeling refreshed and restored.

PHYSIOLOGY:

There are two neurotransmitters that have a direct effect on whether the brain is in a calm or excited state:

1. **GABA** is the calming neurotransmitter
2. **GLUTAMATE** is an excitatory neurotransmitter

- In order to get a good night's sleep, GABA must be the more dominant neurotransmitter before going to bed.
- **GET SLEEPING®** is formulated with special ingredients which not only increases GABA in the brain, but also helps to increase and balance other neurotransmitters.
- GABA as a supplement alone, cannot cross the 'BLOOD BRAIN BARRIER', and breaks down in the gut.



HUMN

GET SLEEPING® uses 'PharmaGABA®' developed in Japan. PharmaGABA® combines natural GABA with a bacterium that enables GABA to enter the blood quickly through the enteric system in the stomach. PharmaGABA® can be detected in the brain within 30 mins of consumption thereby calming the brain, reducing stress and anxiety, and reducing the amount of time it takes to fall asleep.

- The remaining ingredients in **GET SLEEPING®** work synergistically to reduce stress and anxiety as well as preventing enzymes in the brain that otherwise would degrade GABA.
- **GET SLEEPING®** also has ingredients that increase alpha waves in the brain and reduces beta waves. Alpha waves are indicative of lower brain activity and a relaxed state while awake.

Once a person falls asleep, **GET SLEEPING®** also promotes delta brain activity to help a person reach non-REM sleep and REM sleep, the most important stages of sleep that allow a person to feel restored and refreshed.



The ingredients in **GET SLEEPING®** are also very important for overall brain health:

PHARMAGABA:

- **Increases GABA** - a brain calming neurotransmitter
- Regulates muscle tone
- Helps balance other neurotransmitters
- Quiets overly agitated nerve and muscle cells
- Helps regulate heart beat
- Has an anxiolytic effect (anti-anxiety)
- Reduces stress
- Increases alpha brain waves
- Is detected in the brain between 5 and 30 minutes
- Improves sleep disorders

ANTI-INFLAMMATORY

- Activates PPAR gamma (decreases the inflammatory response in the endothelial cells that line the arteries)





GASTRODIN:

- **Increases GABA by 34%**
- Inhibits enzymes that degrade GABA
- Protect brain cells from overstimulation
- Activates NRF2 - an antioxidant in the brain
- Helps to balance neurotransmitters
- Improves blood flow to the brain
- Helps to protect the brain during a stroke
- Reduces brain inflammation
- Reduces insulin resistance
- Helps to heal nerve fibers in diabetic neuropathy

TRYPTOPHAN:

- Is converted into serotonin which regulates anxiety, mood, appetite and endocrine regulation.
- Precursor to niacin and melatonin
- Increases stage 4 (slow wave and rem sleep)
- Improves obstructive sleep apnea

LEMON BALM:

- Increases neurotransmitter GABA
- Inhibits enzymes that degrade GABA
- Reduces anxiety
- Soothes irritated muscles
- Increases the neurotransmitter acetylcholine
- Inhibits the enzyme that degrades acetylcholine
- Long history of treating insomnia
- Is synergistic when combined with valerian root and hops
- Increases powerful antioxidants that protects the brain
- Activates and increases (BDNF - brain derived neurotrophic factor) - a family of proteins that are responsible for the growth and survival of nerve cells
- Encourages blood flow to the brain which keep brain cells from dying
- Protects and detoxifies the harmful effect of exposure to low level radiation

SUN-THEANINE®:

- Reduces the risk of stroke
- Reduces anxiety by binding to the same receptor sites as glutamate (the excitatory neurotransmitter) thereby inhibiting overstimulation of brain cells thereby producing a calming effect in the brain
- **Increases GABA**
- Prevents an abrupt rise in blood pressure that people under stress experience.
- **Reduces the impact of stroke**
- Improves nitric oxide producing a vasodilation effect
- Suppresses glucocorticoids thereby preventing disruption of neurotransmitters, serotonin, dopamine norepinephrine and other brain chemicals
- Acts as a glutamate antagonist
- **Significantly reduces brain damage at the time of a stroke**

VALERIAN ROOT:

- Used for centuries to treat insomnia, restlessness, nervousness, stress and anxiety
- **Enhances the quality of sleep**
- Enhances sleep latency (the time it takes to fall asleep)
- Lengthens rest period
- **Increases GABA**
- Works synergistically with hops and lemon balm
- Has a mild sedative effect
- **Produces the same anti-anxiety effect as prescription medications without the side effects**
- **Is the best studied herb for sleep and sleep disorders**



HOPS:

- Synergistic with valerian and lemon balm
- Produces a relaxing effect by virtue of a compound called dimethylvinylcarbinol
- Lessens sleep latency (the time it takes to fall asleep)
- **Increases GABA**
- **Lowers body temperature inducing drowsiness**
- **Balances the biorhythms of the body**
- **Works with valerian to block the effects of excitatory neurotransmitters**
- Contains a rare compound (xanthohumol) which is 200 times more powerful than resveratrol
- Lowers isoprostanes by 36%
- **Positive monograph by the German Commission E**
- **Approved by the German Commission E as a treatment for mood disorders**

MELATONIN:

- **Influences the circadian rhythms of the body**
- Readily crosses the blood brain barrier
- Helps to mitigate oxidative damage in systems throughout the body
- Prevents heart muscle damage
- Protects against ischemic reperfusion injury
- **Provides neuroprotection**
- Protects the mitochondria in the brain against dysfunction
- Significantly reduces sleep latency (time it takes to fall asleep)
- Increases sleep efficiency



WWW. HUMNPHARMA.COM