

# Dreamweaver - Deep Rest Sleep Aid Tincture

## DESCRIPTION

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Quality sleep is the foundation of every aspect of health — yet it eludes millions in the modern world. Poor sleep accelerates aging, suppresses immunity, drives weight gain, clouds cognition, and amplifies every other health problem. Our **Sleep Aid Tincture** is a carefully calibrated blend of six botanical sleep herbs — each contributing a distinct pathway toward deeper, more restorative sleep — without the morning grogginess, dependency, or withdrawal that pharmaceutical sleep aids cause.

This formula addresses the most common causes of sleep difficulty: anxiety, racing thoughts, physical tension, cortisol dysregulation, and nervous system overstimulation.

### What This Tincture Is Made For

- Difficulty falling asleep (sleep onset insomnia)
- Waking during the night (sleep maintenance insomnia)
- Anxiety-related sleep disruption
- Cortisol-driven nighttime alertness
- Racing thoughts and mental restlessness at bedtime
- Restless, unrefreshing sleep

### The Formula — Ingredient Breakdown

**Lavender** (*Lavandula angustifolia*) — Clinical studies have demonstrated that oral Lavender preparations reduce sleep onset latency (time to fall asleep), increase deep sleep percentage, and reduce nighttime waking — without next-morning sedation. Linalool and linalyl acetate inhibit neuronal calcium channels, quieting the overstimulated nervous system that prevents sleep onset.

**Passionflower** (*Passiflora incarnata*) — Specifically studied for sleep quality improvement. In a double-blind clinical trial, Passionflower tea significantly improved subjective sleep quality compared to placebo. Chrysin and related flavonoids bind to benzodiazepine receptor sites, producing gentle, dependency-free sedation that

specifically promotes the transition from wakefulness to deep sleep.

**Chamomile Root (*Matricaria chamomilla*)** — The chamomile root and flower concentrate the sleep-promoting apigenin that binds benzodiazepine receptor sites. A clinical trial at the University of Michigan found that Chamomile significantly improved wake-after-sleep-onset and reduced nighttime waking in adults with primary insomnia. The gentlest and most universally safe sleep herb.

**Skullcap (*Scutellaria lateriflora*)** — The nervous system restorer. Skullcap's baicalin and wogonin specifically reduce the neural excitability that keeps people awake — the racing thoughts, physical restlessness, and hypersensitivity to stimuli that characterize insomnia. It calms the sympathetic nervous system without blunting consciousness — allowing natural drowsiness to emerge.

**Lemon Balm (*Melissa officinalis*)** — The anxiolytic sleep herb. Rosmarinic acid's GABA transaminase inhibition increases brain GABA levels throughout the evening, dissolving the low-grade anxiety that disrupts sleep onset and maintenance. Combined with Valerian (its classical European pairing), Lemon Balm was shown in clinical trials to improve sleep quality in 81% of participants with mild insomnia.

**Ashwagandha (*Withania somnifera*)** — The cortisol normalizer. The word "somnifera" literally means "sleep-inducing" in Latin — reflecting Ashwagandha's ancient reputation as a sleep tonic. Modern research has confirmed that Ashwagandha reduces nighttime cortisol (the "stress awakening" pattern that keeps people in light, unrefreshing sleep) and increases sleep efficiency. It is the adaptogenic anchor of this formula.

## How to Use

Take 2 droppers (2 ml) in warm chamomile tea or warm water with honey, 30–60 minutes before bed. For acute sleep difficulty: add an additional 1 ml if needed at bedtime. For chronic insomnia: use consistently nightly for 2–4 weeks. Best combined with good sleep hygiene: dark, cool room; screen-free 1 hour before bed; consistent sleep schedule.