

# Why Melatonin Alone Doesn't Work

**You don't have a sleep problem.  
You have a system problem.**

Most people rely on melatonin to sleep.

**But here's the problem:**

- ✓ Melatonin tells your body when to sleep
- ✓ It does not fix why you can't sleep

## What's Actually Happening

**In stress-induced insomnia, your body may be:**

- Still in alert mode
- Mentally overactive at night
- Unable to fully relax and switch off
- Lacking proper sleep drive
- Out of sync with its natural sleep timing

## Why This Matters

**Sleep doesn't fail randomly.  
Multiple systems involved in sleep  
can be disrupted at the same time.**

## Bottom Line

**Fixing only melatonin is often not enough,  
Better sleep needs a more complete approach.**

# How Stress Disrupts Your Sleep System



## 1 Stress System (Cortisol)

- Stress activates your body's alert response
- Your body releases cortisol
- If cortisol stays high at night, your body stays awake



## 2 Sleep Drive (Adenosine)

- Your body builds a natural sleep pressure during the day
- This signal is called **adenosine**
- Stress and **caffeine** can reduce this signal



## 3 Brain Activity (Glutamate)

- Glutamate keeps your brain active and alert
- Under stress, this activity can stay high
- Thoughts keep running even at night



## 4 Calm System (GABA)

- GABA helps your brain relax and slow down
- Stress can suppress this calming system
- Your brain may struggle to switch off



## 5 Body Clock (Melatonin)

- Melatonin signals your body when to sleep
- Stress and late-night screens can delay this signal
- Your sleep timing shifts out of sync

# What Actually Helps — And Why

If sleep is affected by multiple systems, the solution should support multiple systems — not just one.



## 1 Stress System (Cortisol)

Needs: regulation of stress response

- Ashwagandha
- L-theanine

Helps support a calmer stress response and reduce nighttime alertness.



## 2 Sleep Drive (Adenosine)

Needs: natural sleep pressure

- Adenosine builds throughout the day.

This system is mainly influenced by.

- Time awake
- Caffeine intake
- Veire awaine
- Sleep consistency

→ This is not directly increased by supplements



## 3 Brain Activity (Glutamate)

Needs: reduced overactivity

- L-theanine
- Magnesium

Helps support a calmer brain state and reduce mental overactivity.



## 4 Calm System (GABA)

Needs: support for inhibitory (calming) pathways

- Magnesium
- Vitamin B6

## 5 Body Clock (Melatonin)

- Melatonin

# Introducing a More Complete Approach

## Healio Dream SR Capsules

Designed to support  $\delta$  sleep by addressing more than just sleep timing.

### What It Supports



#### Stress response

- Ashwagandha, L-theanine)



#### Calm brain activity

- L-theanine, Magnesium



#### Relaxation pathways

- Magnesium, Vitamin B6



#### Sleep timing signal

- Melatonin

Instead of forcing sleep, this approach helps support:

- a calmer mind
- reduced nighttime alertness
- better transition into sleep
- more natural sleep onset

When the underlying systems are supported, sleep doesn't need to be forced.

## Healio Dream SR Capsules

Built for stress-influenced sleep challenges.

