

## **Jujube Sleep Aid Formula**

Jujube Sleep Aid Formula is an innovative supplement designed to support deeper, more restful sleep by addressing the energetic imbalances that can cause both chronic insomnia and temporary sleep disturbances. In today's fast-paced world, many people experience disruptions in their sleep patterns due to stress, irregular schedules, or environmental factors like noise and light. This formula seeks to restore balance to the body's natural rhythms, promoting a more peaceful and restorative sleep cycle.

At the core of the Jujube Sleep Aid Formula is the energetic pattern of Jujube herb, known for its calming properties. This energetic pattern helps to soothe the mind and body, addressing the root causes of sleep issues and reducing the internal agitation that often keeps individuals awake at night

In addition to Jujube, the formula incorporates the energetic pattern of CBN (Cannabinol), a compound found in cannabis that is known for its calming and sedative effects. CBN pattern helps to soothe the nervous system, reducing feelings of stress or anxiety that might otherwise interfere with sleep. By balancing the body's internal energy signals, CBN promotes a sense of relaxation, allowing the body and mind to unwind before sleep. It also might help in managing overactive thoughts or emotional turbulence, which can prevent individuals from falling asleep or staying asleep throughout the night.

The energetic pattern of melatonin helps synchronize the body's internal circadian rhythm, ensuring that your natural sleep-wake cycle is aligned with the optimal times for rest. Melatonin's calming effects also support the body in transitioning smoothly from wakefulness to sleep, allowing you to fall asleep faster and experience deeper stages of restorative sleep.

Together, the synergistic combination of energetic patterns of Jujube, CBN, and melatonin in the Jujube Sleep Aid Formula works in harmony to quiet the mind, reduce stress, and realign the body's energetic patterns for a more peaceful sleep.

**Dosage:** 10-15 drops diluted in 2-4 oz. of water. Intake about one hour before bed and continue up to one month.

**Side Effect:** No side effects expected within the recommended dosage.