

Insomnia Protocol

Clinical Protocol to Support Sleep Quality and Rest*



Pathophysiology of Insomnia

Sleep is a pillar of health, critical in supporting overall wellbeing. Disrupted sleep can affect concentration, focus, memory, and is associated with dysregulation of a number of aspects of physiology. Research has demonstrated the impact of disrupted or irregular sleep patterns on insulin sensitivity, blood glucose regulation, and weight as well as cardiovascular function.¹ In addition, some evidence points to an increased risk for certain cancer types in patients with insomnia, parasomnia, and disrupted circadian rhythms as a product of shift work.² Epidemiological studies have identified impaired sleep as an independent risk factor for all-cause mortality.¹

Insomnia is often considered to be a disorder of increased somatic, cognitive, and cortical activation.^{3,4,5} Individuals with insomnia may experience physiologic hyperarousal in both central and peripheral nervous systems.^{3,5} Genetics may also play a role in the etiology of insomnia, with various SNPs being associated with sleep disorders and circadian rhythm function.⁶

This clinical protocol is designed to support sleep quality and restorative rest through evidence-based dietary, lifestyle, and nutritional interventions.*

Diagnostic Biomarkers and Clinical Indicators of Insomnia³

- Comprehensive Thyroid Panel
- Adrenal Stress Index: 4-point salivary cortisol
- [Designs for Health Metabolomics Spotlight™](#) – CNS-Neurotransmitters/Hormones
- [Designs for Health Genomic Spotlight™](#) – Cognition and Endocrine Reports

Therapeutic Diet and Nutritional Considerations

- Recommend patients avoid caffeine-containing products and stimulant-containing herbs especially after midday
- Direct patients to limit or avoid alcohol consumption, especially in the evening or close to bedtime
- Encourage consuming recommended daily fiber intake, avoiding highly refined carbohydrates, and pairing protein and fat with meals to promote healthy blood sugar⁷
- Advise patients to reduce or avoid consumption of energy drinks and sugar-sweetened beverages

Lifestyle Interventions

Consult patients on the following to optimize sleep hygiene:

- Integrating stress management techniques such as breath work and meditation
- Avoiding blue light exposure in the evenings. Consider recommending use of blue light blocking glasses
- Taking a warm Epsom salt bath at night
- Setting the bedroom to a cool, comfortable temperature
- Using dark/blackout curtains to block external light sources
- Writing down all worries/concerns and list of “to-dos” before bed to clear the mind

Supplement Protocol

Primary Support:

Secondary Support:



<p>Insomnitrol™ or Insomnitrol™ Chewables</p>	<p>NeuroMag™</p>	<p>Cannab-FS™ Hi-Po</p>	<p>TriMag Supreme™ Night</p>
<p>Dose</p> <p>Insomnitrol™ Capsules: Take two capsules per day 30-60 minutes before bedtime</p> <p>Insomnitrol™ Chewables: Chew two tablets per day 30-60 minutes before bedtime</p>	<p>Dose 1 capsule per day with a meal</p>	<p>Dose 2 softgels per day with a meal</p>	<p>Dose 270 g (approx. 1 scoop) per day</p>
<p>Duration Ongoing as needed</p>	<p>Duration Ongoing as needed</p>	<p>Duration Ongoing as needed</p>	<p>Duration Ongoing as needed</p>
<p>Formula Highlights</p> <p>Insomnitrol™ is a blend of botanicals, nutrients, and neurotransmitter precursors designed to support quality, restful sleep.* Insomnitrol™ Chewables are great tasting, lemon-flavored tablets formulated to support quality sleep and to promote calm brain activity.* These products feature melatonin, a multifunctional hormone involved in the circadian (day/night) biological rhythms, and 5-HTP, a precursor to the neurotransmitter serotonin. They also contain vitamin B6, inositol and L-theanine for additional help in supporting the body's natural ability to fall asleep and stay asleep.*</p>	<p>Formula Highlights</p> <p>NeuroMag™ uses the unique, patented mineral Magtein® — a magnesium chelated to threonic acid (magnesium L-threonate) — a highly bioavailable form that has the potential to cross the blood-brain barrier.* This form of magnesium has been shown to be superior in increasing magnesium status compared with other forms.* Research demonstrates that elevating brain magnesium content through supplementation with magnesium L-threonate may be a useful strategy to support cognitive abilities, brain health, and potentially decrease common age-related memory decline.*</p>	<p>Formula Highlights</p> <p>Cannab-FS™ Hi-Po is a highly potent phytocannabinoid formula, delivering 1,500 mg per bottle of broad-spectrum phytocannabinoids – the beneficial compounds naturally found in the <i>Cannabis</i> hemp plant.* Unlike common manufacturers, Cannab-FS™ Hi-Po includes CBD (cannabidiol) and a full spectrum of phytocannabinoids found throughout the entire plant, including flowers, seeds, and stalk fibers. It also contains natural terpenes, aromatic compounds from the hemp plant that work synergistically with phytocannabinoids, complementing their health-promoting properties.* CBD oil has been shown to be clinically beneficial to individuals with insomnia.⁷ This product is offered in liquid form, infused in a base of organic, cold-pressed hemp seed oil.</p>	<p>Formula Highlights</p> <p>It is a unique blend of three highly absorbable forms of magnesium along with relaxation-supportive botanicals to help provide restful sleep.* One serving provides 300 mg of elemental magnesium in an easy-to-mix powder with a delicious lavender and lemon flavor that is sweetened with stevia.</p>

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---insomnia-support-protocol-references>



Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.