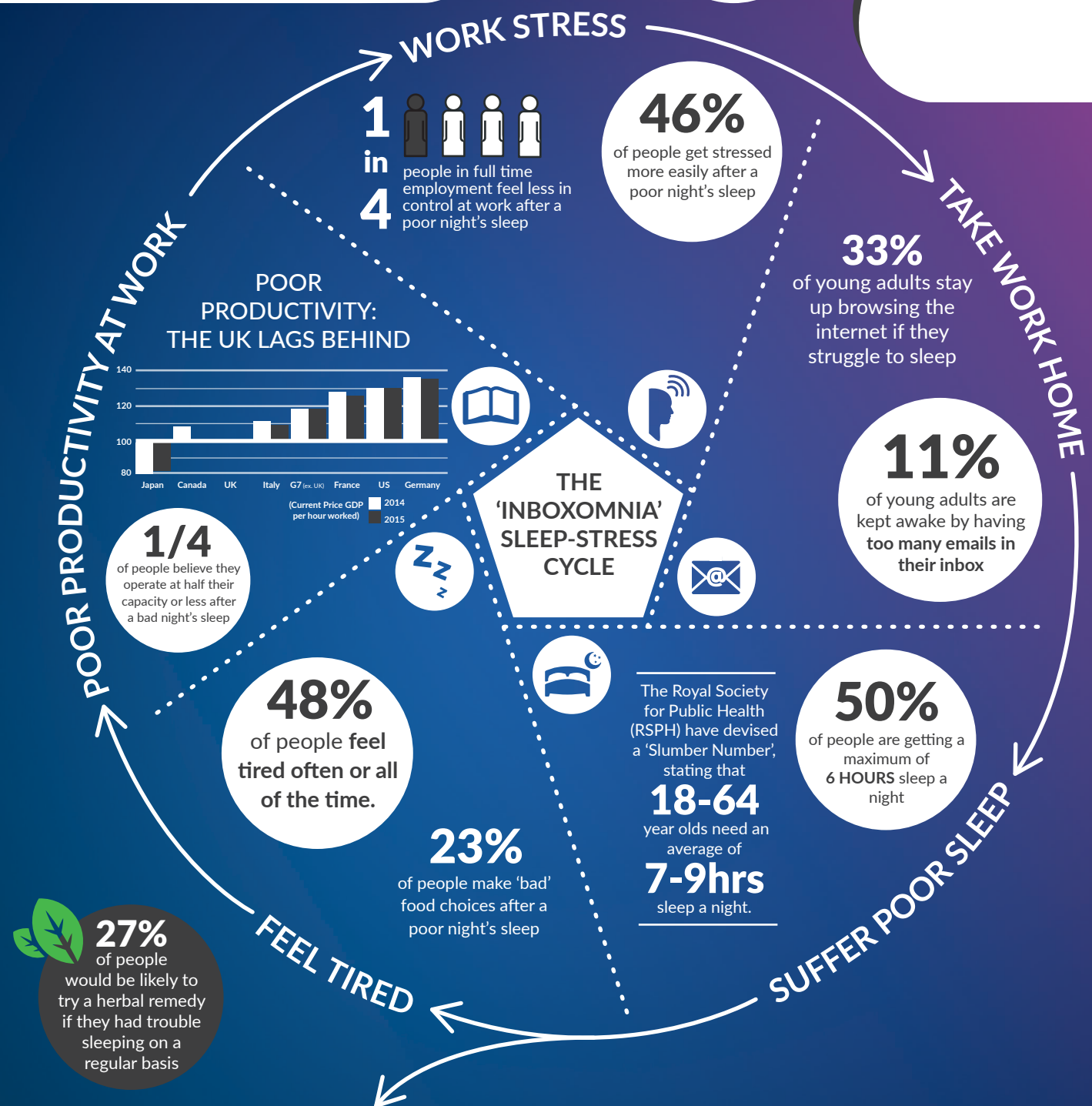


# A SLEEP-DEPRIVED NATION...

“THE EFFECT OF GETTING NO SLEEP PER NIGHT ON YOUR PERFORMANCE IS SIMILAR TO CONSUMING **SEVEN** 500ml BOTTLES OF BEER.” - Dr. Neil Stanley, Sleep Expert



## BREAKING THE CYCLE

Dr. Neil Stanley, Sleep Expert:

“There are **three vital steps** to help ensure you have a restful night's sleep:

AN ENVIRONMENT CONDUCTIVE TO SLEEP   A RELAXED BODY   A QUIET MIND



When you are out of a normal sleep pattern, sleep aids can be used for some people to re-establish their sleep rhythm.\*\*



FROM THE UK'S NUMBER 1 SLEEP AID BRAND\*

**Nytol Herbal Simply Sleep One-A-Night**

contains Valerian root extract. Traditional herbal medicinal product for use in the relief of temporary sleep disturbances exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

[www.nytol.co.uk](http://www.nytol.co.uk)

\*Based on UK sales data \*\*Dr Stanley does not endorse Nytol or any other brands.

Nytol Sleep Survey, Aurora Market Research, March 2017.