



ENJOY A

BETTER NIGHT'S

REST*

Sleep is vital to your well-being, but maintaining a normal sleep cycle after a schedule shake-up isn't easy. Here are a few tips to help you feel more well-rested.*



1. STICK TO YOUR ROUTINE

Aim for the same bedtime every night, including weekends, to support your body's sleep-wake cycle.

2. SEEK OUT SUNLIGHT EARLY

Get outside as soon as you wake to help reset your circadian rhythm.



3. CREATE A SLEEP-FRIENDLY ENVIRONMENT

When it's time for bed, slip into comfy pajamas, put away your phone, and turn down the thermostat.

4. PROMOTE RELAXATION BEFORE BEDTIME*

Try one of our best-selling *sleep support formulas* to calm your mind, promote relaxation, and support more restful sleep.*



SHOP ALL SLEEP SUPPORT*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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