

# DDx INSOMNIA

## SCUTELLARIA, SCHIZANDRA, ST. JOHN'S WORT AND DAMIANA

Busy mind, anxiety or depression, low libido, exhaustion due to overwork. Sleepers who wake in the middle of the night unable to sleep due to racing thoughts.

## VALERIAN, PASSIONFLOWER AND ZIZYPHUS

Heart Yin deficient and Liver Yin deficient insomnia with sweating, restless mind and dream-disturbed sleep. Shallow sleepers who wake often.

## REISHI MUSHROOM

Immune imbalance, allergies, elevated cancer risk, Alzheimer's risk, anti-aging, autoimmune conditions and liver damage. Sleepers who wake early and are not able to get back to sleep.

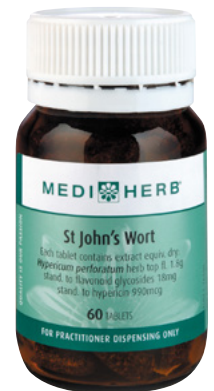


## CHASTE TREE

Low melatonin, restless legs, insomnia related to PMS and menopause, shift work, insufficient lactation. Sleepers who are restless, have hormonal issues and who notice cyclic changes in sleep patterns.

## ST. JOHN'S WORT

Mild to moderate depression with insomnia, generalized anxiety, OCD. Enveloped viruses like influenza, CMV, herpes. Sleep issues associated with menopause. Premenstrual dysphoric disorder, polyneuropathy and seasonal affective disorder. Sleepers who are noticing a change in mood or hormonal fluctuation along with problems sleeping.



## Topical Adjuncts to Help Sleep MAGNESIUM LOTION WITH MELATONIN

Muscle stiffness, tension or pain that makes falling asleep difficult. Problems falling and staying asleep in the early part of the night. Shift workers and people travelling across time zones.