



## “Sleep Yourself Happy”

### What is SNOOOZE®?

Snooze® is an all-natural drink with effective sleep-inducing herbs like Passion Flower, Valerian, Lemon Balm, and Lime Blossom tasting like herbal with natural hop and peppermint flavor. Snooze® comes in two variants: Snooze® Regular to help relax fall asleep gently at night, and Snooze® Strong for if you want to sleep well and soundly while waking refreshed without lethargic side effects.

Consumed 20-30 minutes before going to bed, Snooze's natural, sleep-inducing herbs helps you sleep better through the night. Snooze® is a food supplement and recommended for healthy adults 18 and over who have trouble falling asleep or staying asleep during the night.



### Why SNOOOZE®?

- Sleep strengthens your immune system
- Sleep improves cognitive & endurance performance
- Sleep elevates your mood and boosts creativity
- Sleep helps you look well rested and stay slim

More and more clinical studies prove that sleep is the basis for a happy and healthy life.

Lack of sleep can have serious consequences. The regeneration effects of sleep are reduced with shortened sleep duration, which leads to a loss of our performance. Restlessness, irritability, nervousness, fatigue, premature fatigue, and cravings are the most common consequences of insufficient sleep or poor sleep quality. Overall, when sleep deficient, we are much less resilient.

Early aging and damage to the skin tissue are consequences of chronic sleep deficit.

Lack of sleep reduces the regeneration, repair and self-healing power of the facial skin. Elasticity and resistance of the skin decreases and the skin-aging process are accelerated. Increased production of the stress hormone cortisol is induced by lack of sleep and the surface appears tired and flabby, making the skin thinner and more wrinkled. Early skin aging and damage to the skin tissue are consequences of chronic sleep deficit.

Snooze® helps you sleep faster and better through the night, so you can perform at your peak tomorrow. This is because, in contrast to most chemical sleep-aids, the natural, sleep-inducing herbs in Snooze® support your natural sleep cycles to help you regenerate and recover during the night and be ready to perform at your best tomorrow.

### What's in SNOOOZE®?

Snooze's Passion Flower has long been used in medicine for various therapeutic purposes, especially against anxiety. The significant positive effects have been found in human trials of lemon balm which reduces stress-related symptoms. Studies have also shown significant anxiety-relief effects and improved sleep quality in Valerian which increases the release of adenosine in the anterior basal cerebrum and increases the need for sleep. Lastly, research shows that lime blossom induces calm in the brain nerve cells that help with sleep onset.

### Who is SNOOOZE®?

*“Sleep strengthens the immune system, mind, and performance. In addition, sleep enhances mood, stimulates creativity and helps us stay lean,”* says Vriens. Exactly this was the trigger for him to develop a sleep drink, natural herbs: Snooze, Natural Sleep Drink.

Snooze® was developed by Vriens, an Austrian-based food and beverage expert, and is produced at a bottling co-operative in the Ennstal, a mountain valley in the Austrian Alps in eco-friendly carto-cans. The formula is a mixture of natural herbs and water from the Aerial glaciers of Austria.

For Additional Information Visit: at [www.us.snooze.co](http://www.us.snooze.co)