



sleep tight

Helping Your Child Get a
Good Night's Sleep*

The modern world is filled with distractions that get in the way of your kids getting a good night's rest. For example, children ages eight to twelve spend six hours per day staring at electronic screens. Kindles, iPads, smart phones, televisions, computers, and other electronic devices emit blue light that cause your child's melatonin levels to take a nosedive. Melatonin is a hormone that can lead to a night of peaceful slumber.* It promotes sleepiness, deep sleep, and dreaming.* Your body releases melatonin when it's exposed to darkness, but too little natural light in the daytime can interfere with melatonin cycles.*

When melatonin levels drop, the last thing your child wants to do is crawl under the covers and get some shut eye. If your kids don't get enough sleep, chances are good they're going to be tired and irritable. It will be a battle to get them to behave, and they're not going to pay attention in school. It's exhausting for both you and your kids.

Some kids with behavior issues are more likely to have low melatonin levels, or to have melatonin secretion that isn't as varied as it should be throughout the day.*

Supplementing with melatonin can help your child have a healthy night's rest.* Quality, convenient, and great-tasting, DaVinci® Laboratories' **sleep tight** is perfect for kids who have trouble calming down at bedtime.* It can help kids fall asleep more quickly, and it can help them sleep longer.*

sleep tight is recommended for:

- Supporting healthy sleep*
- Helping normalize circadian rhythms (or sleep/wake cycles)*
- Helping protect against exposure to electronic devices at night*
- Helping maintain social and verbal skills*
- Cognitive health*
- Mental focus*

Healthy Sleep and Social and Verbal Skills*

Melatonin not only supports healthful sleep—in certain kids, it also supports pleasant interactions with family and friends, and it can boost communication skills, too.* Cognitive performance, mental health, and attention span are also linked to restful sleep.*

Promoting Restful Sleep in Kids Who Stay Up Late*

For children who are often up until the wee hours of the morning, melatonin can help reset their circadian clocks.* This is especially true when it's given three to four hours before the time they normally fall asleep—then every few days have them take it earlier and earlier until they're going to bed at a healthy time.*



What's more, kids with dry, itchy skin are uncomfortable at night. Melatonin levels are often low in these children. Supplementing can support a restful night.*

The Liposomal Advantage

A liposomal delivery system is an ideal way to give children melatonin. It makes it easy to administer the right serving. Plus, it stops the stomach from breaking down the melatonin before the body can use it to promote good sleep. Kids love **sleep tight's** sweet, citrus flavor and fun mode of delivery.*

By helping your kids slumber peacefully, **sleep tight** will make your life easier, calmer, and more relaxed.*

Supplement Facts

Serving Size 2 Sprays (0.4 ml)

Amount Per Serving

Melatonin 3 mg

Other Ingredients: glycerin, water, sunflower lecithin, oleic acid polyglyceride, citric acid, xanthan gum, orange oil, rosmarinic acid.

Suggested Use: As a dietary supplement, children 4 or older hold nozzle 1" from mouth, spray twice and swallow, or as directed by your healthcare practitioner. Shake well before each use.

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FROM THE INSIDE OUT.
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Warning: If your child has any health conditions, consult your healthcare practitioner before taking this product.

Caution: Consult the child's healthcare professional for ongoing sleep difficulties. Product should not be a substitute for healthy sleep practices.

*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.

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