

SLEEP-EM

Personalized Usage Guide

Maximize Your Sleepem Results



The ultimate overnight recovery*



Deep sleep for a brighter day*



60
CAPSULES

Dietary
Supplement

60
CAPSULES

Dietary
Supplement

Hello! We're truly glad to have you here



FIRST OF ALL, CONGRATULATIONS ON

YOUR DECISION! Choosing **Sleepem** is more than simply adding a supplement to your routine — it's an intentional step toward reclaiming restful nights, balanced energy, and overall well-being. Quality sleep is the foundation of health, and deciding to care for it is a powerful act of self-care.

This guide was created especially to support you in this new phase. We understand how poor sleep can affect mood, focus, immunity, skin, and daily performance. That's why **Sleepem** was developed with such attention and precision. Each ingredient was carefully selected to work in harmony with your body, helping regulate your natural sleep cycle and promote deeper, more restorative rest.

More than just a product, **Sleepem** is a nightly ally in your routine. It was designed to adapt to you — your rhythm, your lifestyle, and your individual needs. From this moment on, you are not alone on this journey. We are here to guide you, support you, and walk alongside you, night after night, until better sleep and renewed energy become a natural part of your life.

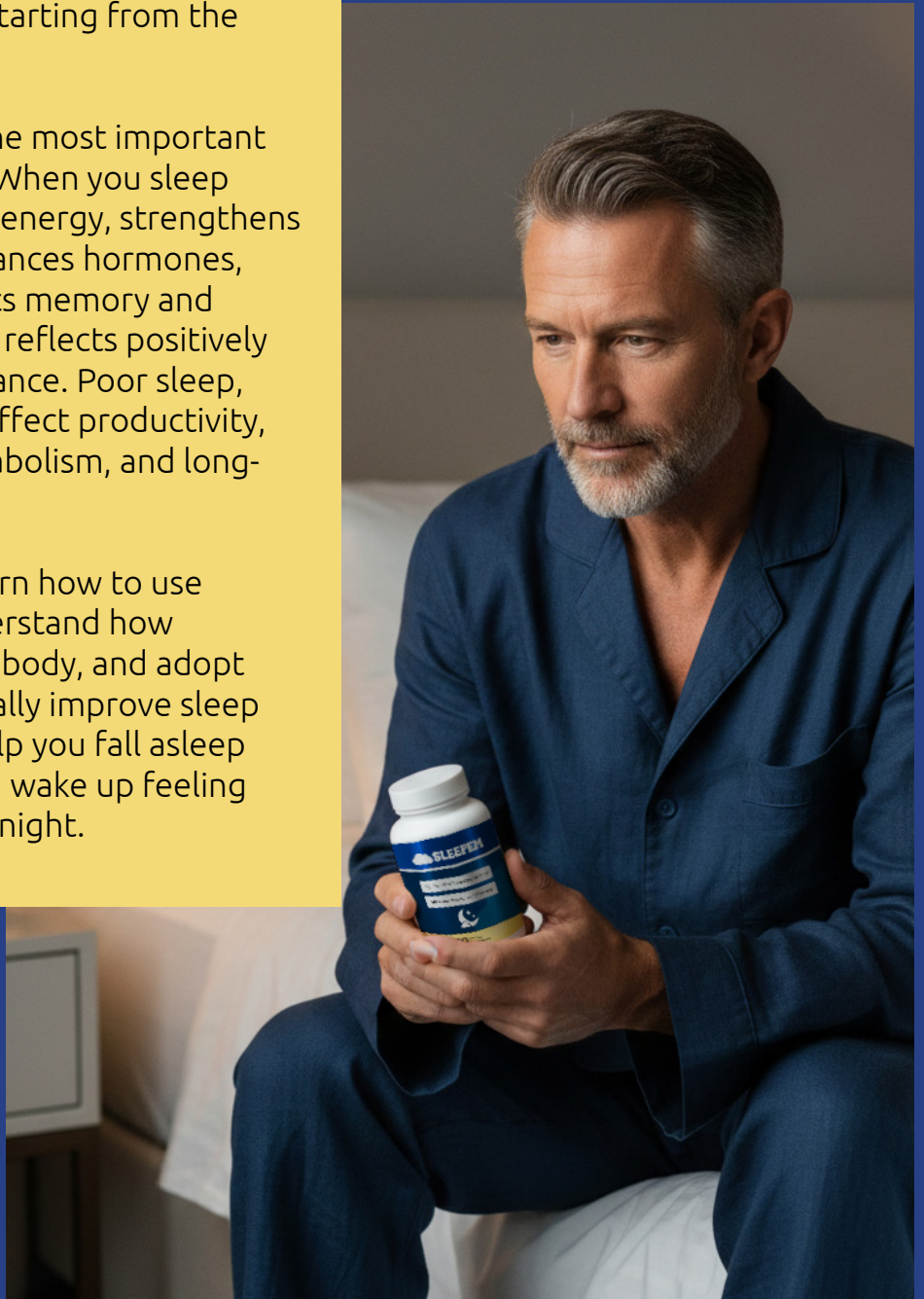
| Introduction



Welcome to your Personalized Usage Guide for **Sleepem**. This e-book was created to help you get the best possible results from your **Sleepem** routine, starting from the very first nights of use.

Quality sleep is one of the most important pillars of overall health. When you sleep well, your body restores energy, strengthens the immune system, balances hormones, improves mood, supports memory and concentration, and even reflects positively on your skin and appearance. Poor sleep, on the other hand, can affect productivity, emotional balance, metabolism, and long-term well-being.

In this guide, you will learn how to use **Sleepem** correctly, understand how melatonin works in your body, and adopt simple habits that naturally improve sleep quality. The goal is to help you fall asleep faster, sleep deeper, and wake up feeling refreshed — night after night.



How Melatonin Works



Melatonin is a hormone naturally produced by the body, primarily by the pineal gland. It plays a central role in regulating the sleep–wake cycle, also known as the circadian rhythm.

As daylight fades, melatonin levels naturally rise, signaling to your body that it is time to slow down and prepare for sleep. In the morning, exposure to light suppresses melatonin production, helping you wake up and feel alert.

Why Melatonin Levels May Be Low

Several factors can interfere with natural melatonin production, including:

- Excessive exposure to artificial light and screens at night
- Irregular sleep schedules
- Stress and mental overload
- Aging (melatonin production naturally declines over time)
- Frequent travel or shift work

When melatonin levels are disrupted, falling asleep and staying asleep becomes more difficult.

How Supplementation Helps

Sleepem provides melatonin in a controlled and consistent dose, helping to:

- Signal the body that it is time to sleep
- Regulate the biological clock
- Reduce the time it takes to fall asleep
- Support deeper and more restorative sleep cycles

Rather than forcing sleep, melatonin works with your natural physiology to restore balance.

How to Use Sleepem



- **Recommended Dosage:**

- Take 1 capsule of **Sleepem** daily, before bedtime.



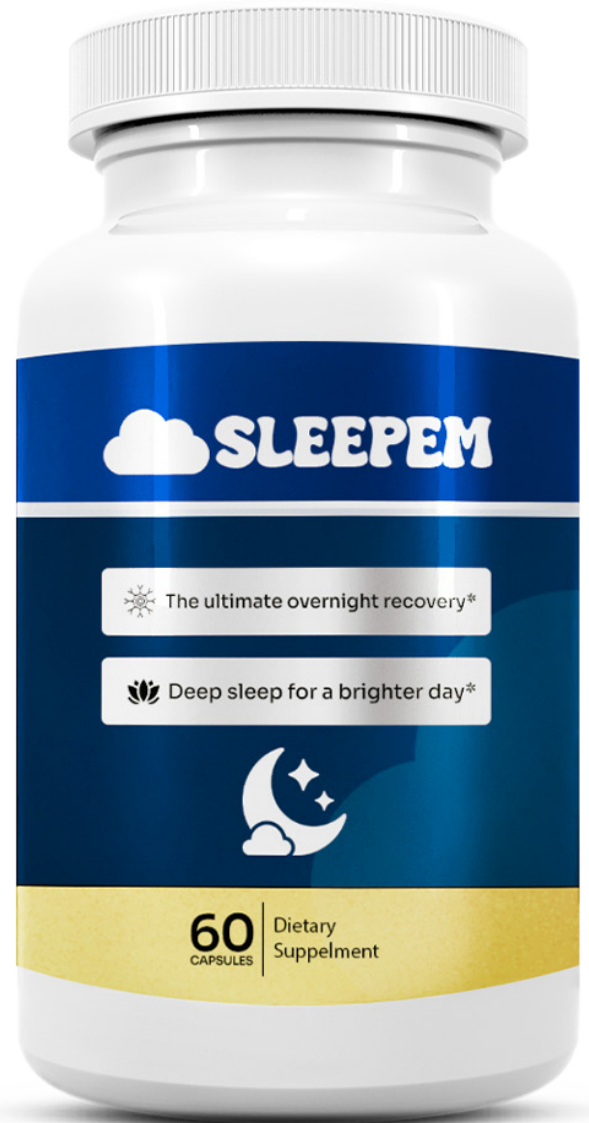
- **Best Timing for Maximum Effect:**

- Take **Sleepem** 30 to 60 minutes before going to bed.
- Choose a consistent time every night to help train your internal clock.



- **How to Create a Consistent Routine:**

- Take **Sleepem** after starting your nighttime routine (for example, after brushing your teeth or changing into sleepwear).
- Avoid taking it earlier in the evening to prevent premature drowsiness.
- Use it daily for best results — consistency is key for regulating sleep patterns.



Habits That Improve Your Sleep Quality



Sleepem works best when combined with healthy sleep habits. Small adjustments in your routine can significantly enhance results.



Prepare the Ideal Sleep Environment

- Keep the bedroom dark or use blackout curtains
- Maintain a comfortable, cool temperature
- Reduce noise or use white noise if needed
- Keep electronic devices out of the bedroom



What to Do Before Bed

- Dim the lights at least one hour before sleep
- Practice relaxing activities such as reading, light stretching, or deep breathing
- Establish a calming pre-sleep ritual



What to Avoid at Night

- Caffeine in the afternoon or evening
- Alcohol close to bedtime
- Heavy or spicy meals at night
- Screen exposure (phones, tablets, TVs) right before bed





What to Expect: Your Sleep Transformation

First Few Days

- The body begins adjusting to a more regular sleep schedule
- You may notice falling asleep faster
- Mild adaptation effects are normal

First Week

- Improved sleep onset
- Fewer nighttime awakenings
- Waking up feeling more rested

After 30 Days

- More consistent sleep patterns
- Deeper and more restorative sleep
- Improved energy, focus, and mood during the day

Maintaining Long-Term Sleep Quality

- Continue using **Sleepem** as part of your nightly routine
- Maintain consistent sleep and wake times
- Protect your evenings from excessive light and stimulation
- Revisit healthy sleep habits whenever stress levels increase



Challenge

10 Days to Regulate
Your Sleep and Regain
Your Energy



 **SLEEPER**

| Introduction



If you've made it this far, it's because you've decided to take a conscious step towards more restful nights, deep sleep, and days with more energy. The **Sleepem Challenge** was created to enhance the effects of **Sleepem**, combining supplementation, nighttime habits, routine adjustments, and simple relaxation techniques.

During these 10 days, you will be guided through practical and realistic actions that help your body shut down at the right time, reduce mental hyperactivity, and restore the natural balance of sleep.

Get ready to feel the difference.

Your New Sleep Routine Starts Now

Difficulty falling asleep, night awakenings, feeling tired upon waking, or a racing mind at night are clear signs that your sleep cycle is disrupted.

Sleep is not just rest—it's the time when the body:

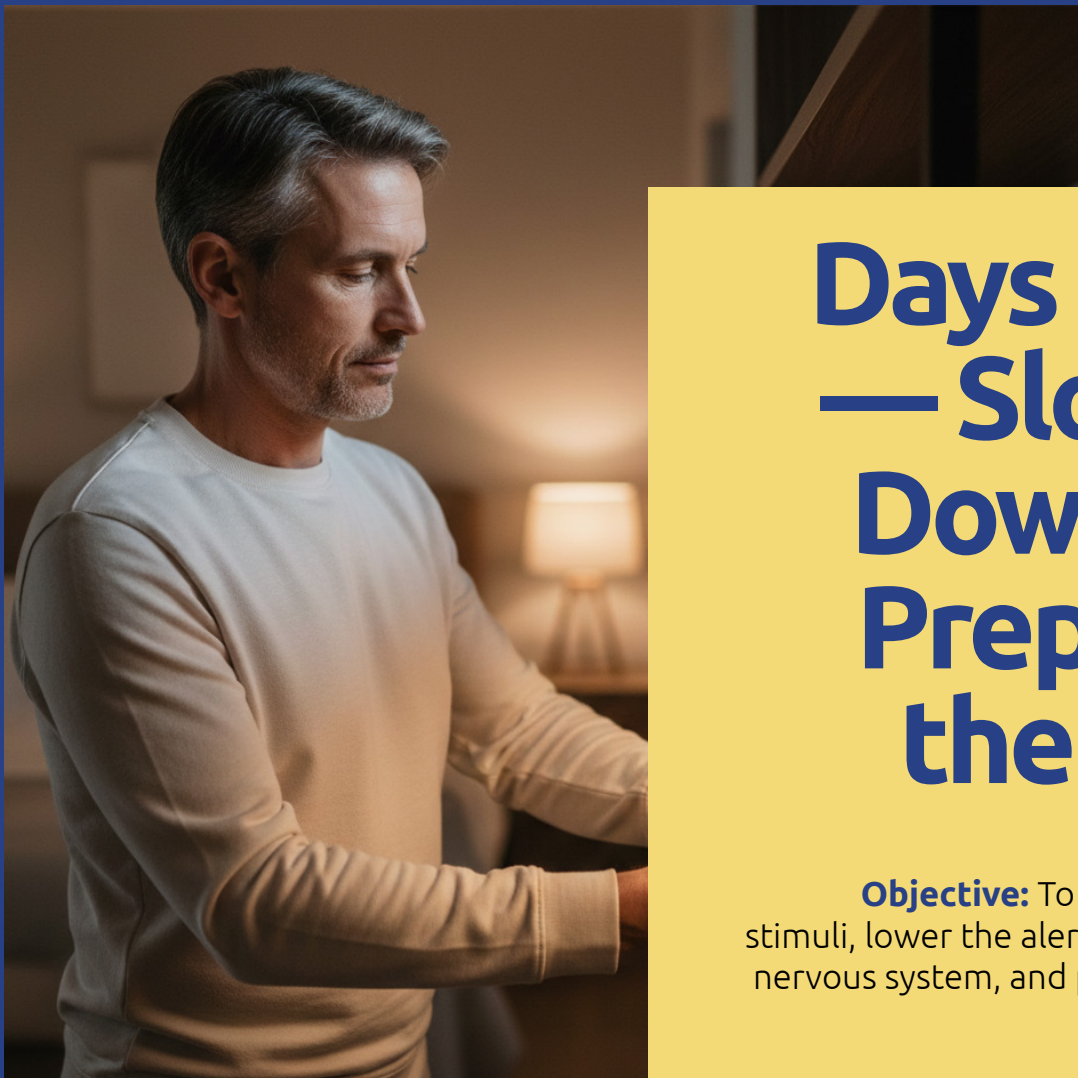
- Regenerates cells
- Balances hormones
- Consolidates memory
- Repairs the immune system
- Restores physical and mental energy

Sleepem acts precisely on this point: helping your body recognize the right time to slow down, induce relaxation, and maintain deeper, more continuous sleep.

How the Challenge Works

The challenge is divided into 3 phases, each with a specific focus.

They complement each other and create a natural progression towards more stable and restorative sleep.



Days 1 to 3 — Slowing Down and Preparing the Body

Objective: To reduce excessive stimuli, lower the alertness level of the nervous system, and prepare the body for better sleep.

What to do:

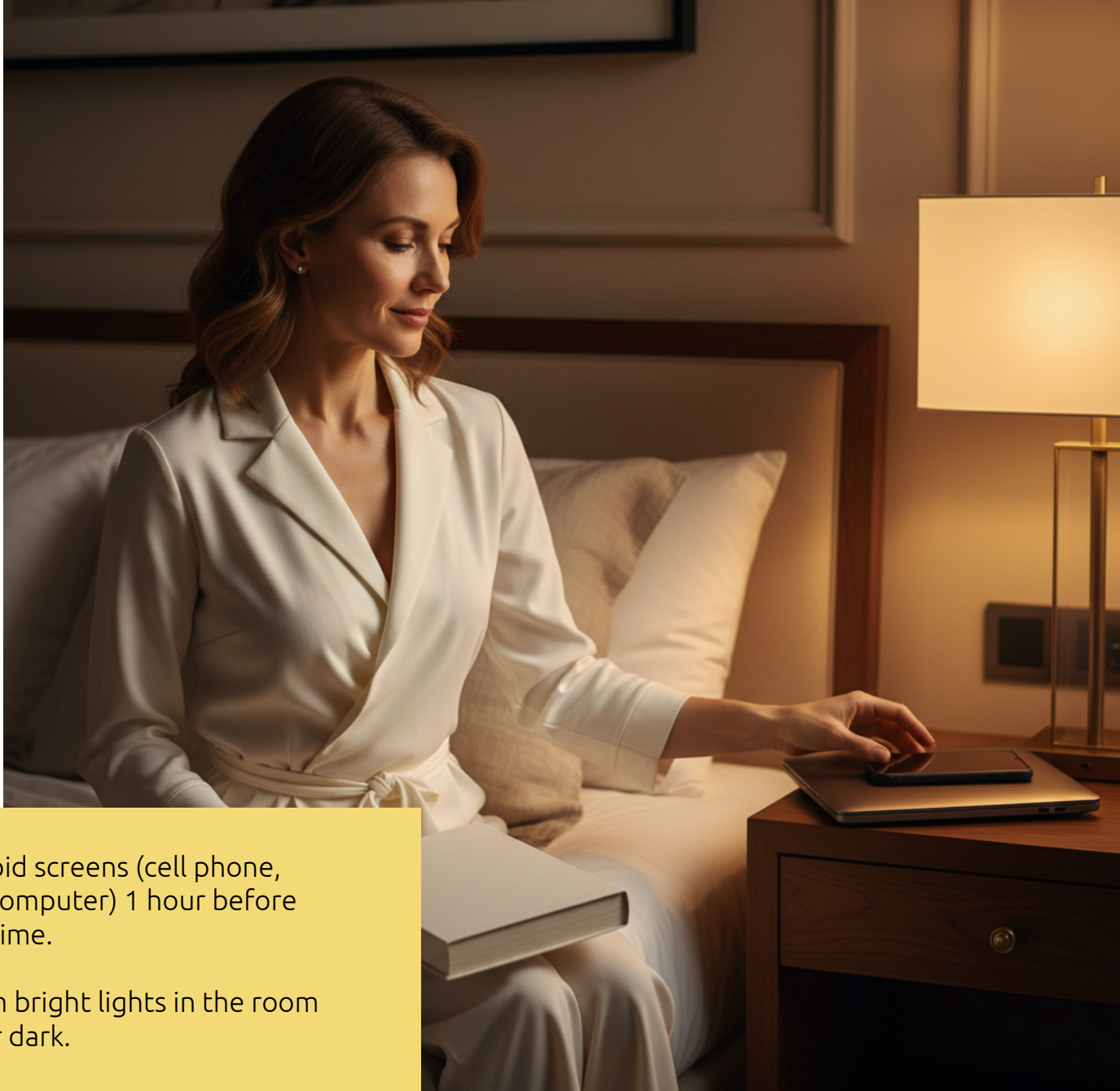
1. Use Sleepem



Take 1 Sleepem capsule every night, about 30 to 60 minutes before bedtime, always at the same time.

Consistency is key to signaling your biological clock.

2. Reduce Stimulation



- Avoid screens (cell phone, TV, computer) 1 hour before bedtime.
- Dim bright lights in the room after dark.

| 3. Light Nighttime Meals



- Avoid heavy meals at night.
- Opt for light options or calming teas (chamomile, fennel, lemon balm).

| 4. Conscious Breathing



Before bed, practice 5 minutes of slow breathing:

- Inhale for 4 seconds
- Hold for 2
- Exhale for 6

This helps reduce cortisol and induce relaxation.

| Days 4 to 6 — Sleep Depth and Continuity

Objective: Improve sleep quality, reduce nighttime awakenings, and deepen restorative phases of sleep.



| What to do:

1. Ideal environment

- Dark, quiet, and slightly cool room.
- Avoid direct light or noise notifications.



2. Fixed bedtime ritual

Repeat the same sequence every night:

- Take Sleepem
- Nighttime hygiene
- Light breathing or reading

This teaches the brain to recognize that it's time to sleep.

3. Avoid stimulants

- Cut out caffeine after 2 PM.
- Avoid alcohol at night (it fragments sleep, even if it causes initial drowsiness).



4. Simple log

Write down upon waking:

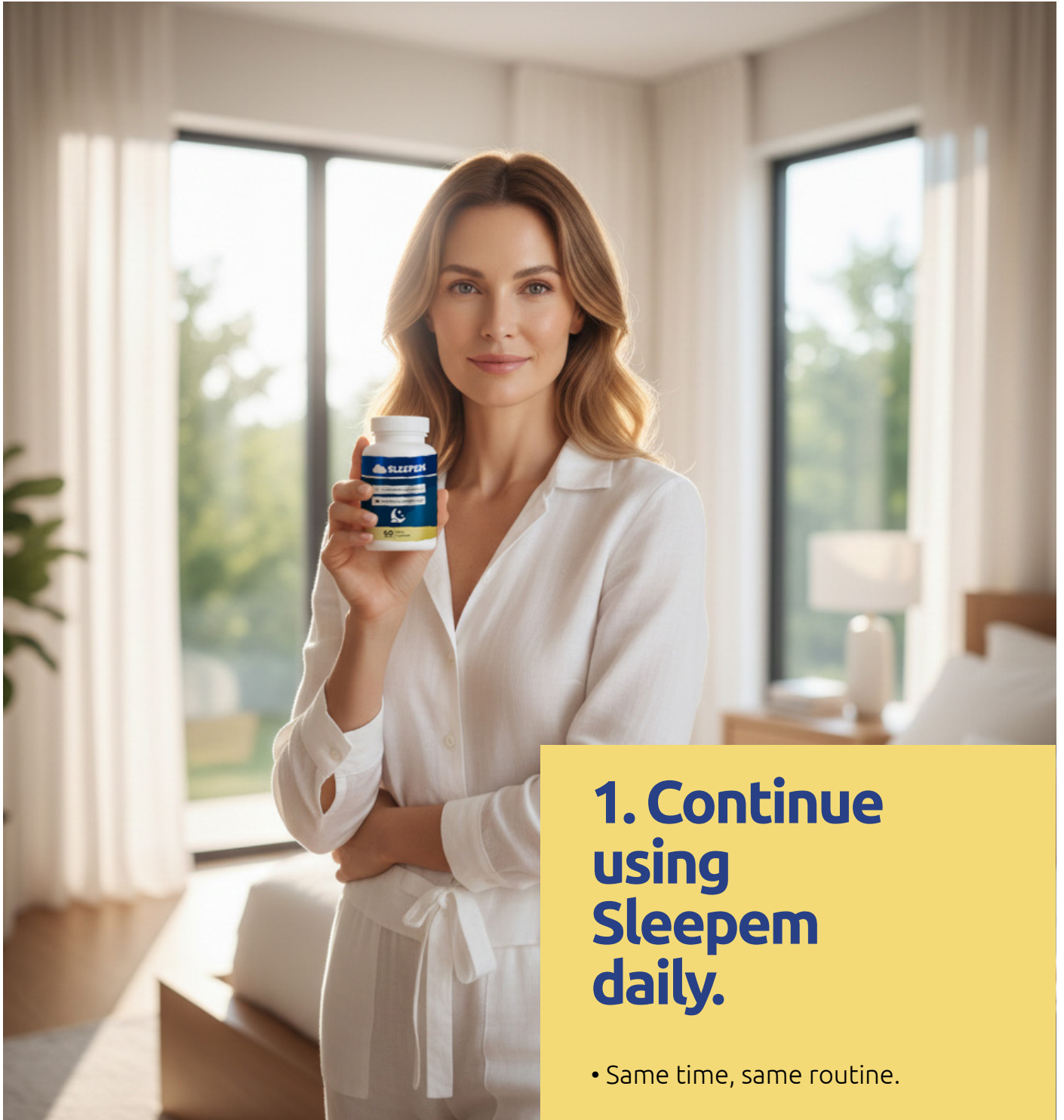
- Time you went to sleep
- How many times you woke up
- How you felt upon waking

Days 7 to 10 — Regeneration, Consolidation, and Balance

Objective: To stabilize the sleep cycle and reinforce long-term benefits.



| What to do:



**1. Continue
using
Sleepem
daily.**

- Same time, same routine.

2. Deep Relaxation

Include at least one technique:

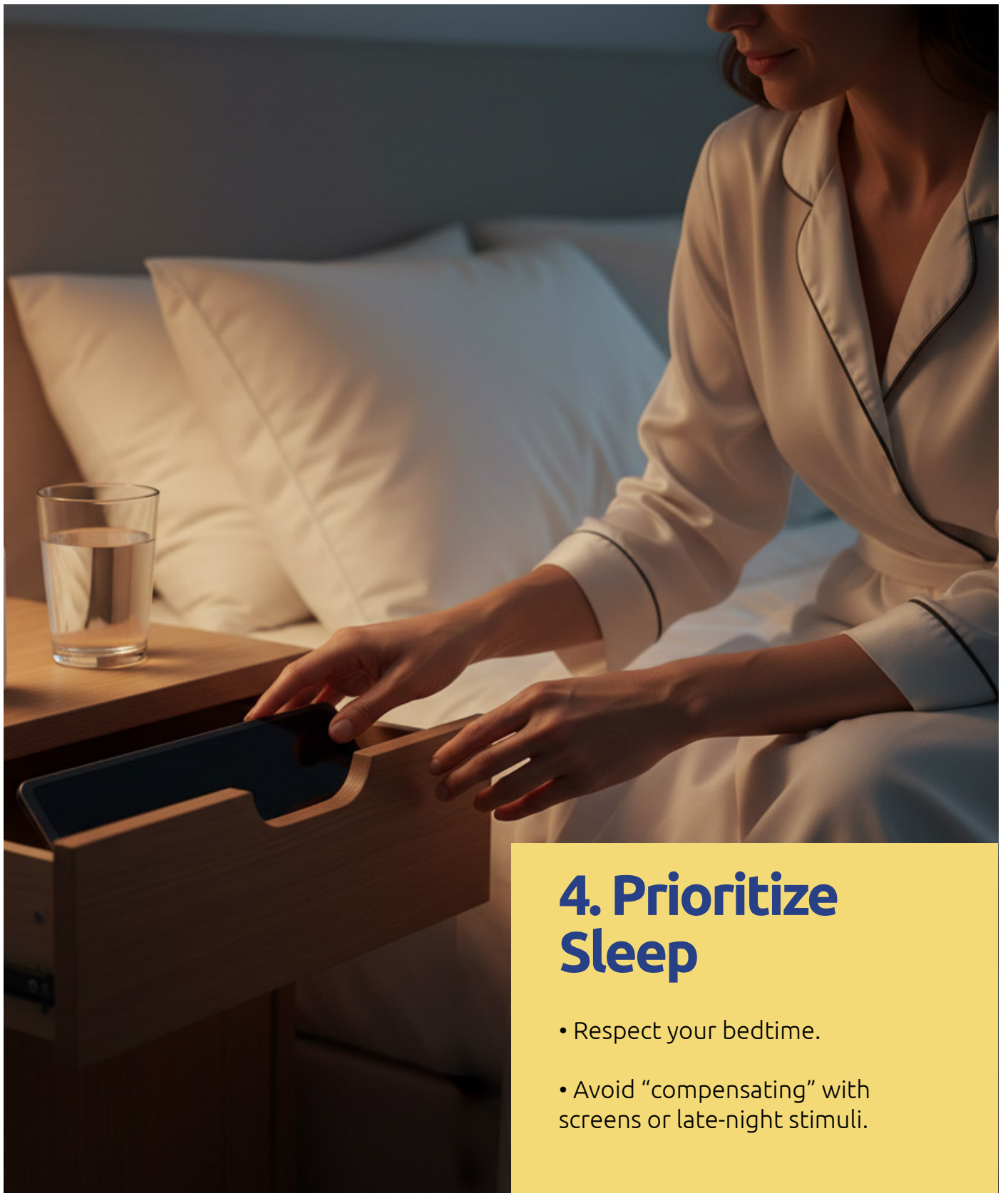
- Short guided meditation
- Light stretching
- Self-massage of the neck and shoulders





3. Organizing the next day

- Plan the next day before going to bed.
- This reduces nighttime mental anxiety.



4. Prioritize Sleep

- Respect your bedtime.
- Avoid “compensating” with screens or late-night stimuli.

| By the end of 10 days, you will likely have:

- Shorter sleep schedule
- Fewer nighttime awakenings
- Deeper, more restorative sleep
- More energy upon waking
- Improved mood and mental clarity during the day
- This is just the beginning.



Continuity: How to Maintain Results



- Continue using Sleepem daily
- Maintain your nightly ritual
- Prioritize sleep as part of your health
- Adjust habits as your body responds

If you felt a difference in 10 days, imagine in 30, 60 or 90 days.

Ongoing Support — We're With You!



If you have any questions or need support:



contact@customerco.com

Our team is ready to assist you with care and guidance whenever necessary. Don't hesitate to contact us!



Remember:

Sleeping well is not a luxury. It's the foundation for a balanced life. By choosing **SLEEPER** and committing to this challenge, you've shown that you're willing to take care of yourself intentionally and consistently.

Trust the process.

Respect your own pace.

And remember: better nights build better days.

We're with you every step of the way on this journey.

A woman with blonde hair is shown in profile, looking out of a window at dusk. The scene is dimly lit with a blue tint. The SLEEPER logo, consisting of a cloud icon and the word SLEEPER, is overlaid in the center.

 **SLEEPER**