



Protecting You Against Sleep Deprivation

Getting enough rest at night is critical in leading a healthy and well-balanced life. Sleep is necessary for our minds and bodies to function normally. Effects of sleep deprivation include: weight gain, depression, heart disease and irritability. Out of 350 million Americans, 58% are estimated to experience insomnia symptoms or sleep disorders. 42 million prescriptions for sleeping pills were filled in 2005, increasing 60% from 2000. Prescription sleep aid sales are estimated at about \$10-12 billion per year. Aviara provides functional ingredients and blends to promote relaxation and help improve the quality of sleep.

Holistic Sleep