

## Sweet Dreams Without The Health Nightmares



Written by newsUSA

Friday, 30 May 2008

Brawley, California - If you need espresso to function in the morning, it might be time for a wake-up call. A good night's sleep allows people to wake up feeling energized, but over 70 million Americans still struggle to get enough zzzs.

Poor sleepers now fuel a \$20 billion worldwide sleep aid market. But popping pills can cause unwanted side effects. Over half of all insomniacs worry about sleeping pill addictions.

Most grocery stores stock herbal teas that claim sleep-inducing properties, and bath stores sell lavender-scented pillow spritzers.

Dreamerz Foods ([www.dreamerz.com](http://www.dreamerz.com)) is a new generation of sleep solutions that are all-natural, but backed with science. They offer a natural alternative to pharmaceuticals that is proven more effective than mom's chamomile tea and warm milk. For Americans looking for a better night's sleep without a prescription, Dreamerz may help satisfy sweet-tooths, while also promoting healthy sleep.



Dreamerz launched two soothing, dairy-based, sleep dessert beverages last year. Chocolate S'nores and Vanilla Van Winkle, contain all-natural ingredients scientifically proven to reduce stress and promote relaxation, Lactium (a milk protein) and melatonin. As part of a nightly before-bed ritual, the drinks can help promote regular sleep cycles.

The products proved so effective and popular that Dreamerz decided to introduce two other sleep-friendly eatables.

Chocolate Pillows look and taste like high-end chocolates, and they contain PharmaGABA, a stress-reducing protein amino acid, and melatonin. One Milk Chocolate or Dark Chocolate Pillow taken one hour before bedtime can help promote longer, higher-quality sleep cycles. The chocolates contain only 50 calories, so they won't break diets.

Dreamerz new Herbal Fruit Flavored Drink Mixes, which come in three flavors, are caffeine-free and portable for jet setters, and they contain 30 calories per packet.

Ten clinical studies on low-dose melatonin, eight studies on Lactium and five studies on PharmaGABA prove the sleep aids' effectiveness. Dreamerz has been proven to help people fall asleep faster without feeling groggy in the morning.

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