

The GOTTFRIED PROTOCOLS

FROM DR. SARA GOTTFRIED, M.D.

Your Condition

CAN'T SLEEP?

Possible Cause(s): High cortisol at night, Unstable blood sugar at night, Low melatonin

Step 1 FOOD/LIFESTYLE/ MOVEMENT

1. Institute a **laptop curfew** at sundown. <https://reset360.com/FTYHC-disrupt-sleep>

2. **Practice yoga** (try Sleep Yoga by Ann Dyer), meditation, eliminate caffeine and limit alcohol.

3. Supplements

Aminos like tryptophan or 5-HTP
I recommend the lowest doses that are on the bottle you obtain, and that you work with a Gottfried-trained

practitioner. Typical is 5HTP 50-100 at night but need to be aware of serotonergic syndrome, and must not be combined with any prescription antidepressants.

Step 2 BOTANICALS*

Hops - 100 mg/day

Valerian Root Extract
300-600 mg/before bed (2-3 g if dried)

Cortisol Manager, which contains Ashwagandha, from Integrative Therapeutics. Take 1-2 at bedtime. Very effective although data are limited: unpub-

lished study showed A 28-day pilot study which found that it significantly reduced stress during the course of the study, and cortisol by 60-83%.

Step 3 BIOIDENTICAL*

Melatonin
.5-1.0 mg/day
(Be careful. Many single pills have doses closer to 3.0, which is

too much for a woman.)
Also, if you're a "morning person", you'll likely have

more problems when you take melatonin because it can shorten your circadian rhythms.

**The Gottfried Protocols are intended as health information and not medical advice. Please consult your doctor before following Step 2 and Step 3 of the Protocols.*