

## The Bitcoiner's *sleep stack*.

NO MELATONIN · CLINICALLY DOSED · MADE IN LONDON

### 01 FALL ASLEEP FASTER

Glycine drops core body temperature — the signal your brain reads as "sleep now."

### 02 A CALMER NERVOUS SYSTEM

Magnesium Glycinate lowers cortisol and steadies you for sleep.

### 03 SWITCH OFF THE RACING MIND

L-Theanine lifts alpha waves and stops the 3am what-ifs — without sedating.

### 04 A CLEAN OFF-SWITCH

Apigenin binds the GABA-A benzodiazepine site. Mild, clean, non-habit-forming.

### 05 NO MELATONIN

No hormone, no grogginess, no pineal-gland fiat. Sleep, not a hangover.

### 06 CLINICALLY-RELEVANT DOSES

3g glycine — the dose in the human trials. Not 100mg for show.

### 07 WAKE REFRESHED

Sleep quality, not sedation. The off-switch, not the knockout.

### 08 MAGNESIUM THAT ABSORBS

Glycinate, bonded for real uptake — not the cheap oxide that does nothing.

### 09 60 CAPSULES · 30 NIGHTS

A full month of better sleep in every jar.

### 10 MADE IN LONDON · GMP

Proper oversight, every capsule. No stimulants.

⚡ YOUR THANK-YOU FOR BACKING THE BUILD IN BITCOIN

[proofofsleep.life](https://proofofsleep.life)

Founder's-batch information sheet. Proof of Sleep is a food supplement, not a medicine, and is not intended to diagnose, treat, cure or prevent any disease. Ingredient claims reflect published research on individual ingredients. Enjoy as part of a varied diet and healthy lifestyle.