

YOUTHFUL SLEEP



Youthful Sleep helps you enjoy deeper sleep, feel more energized the next day, and have a boost to your mental clarity and performance.



The Youthful Company developed the sleep aid product Youthful Sleep.

Featuring a special mix of scientifically proven ingredients, Youthful Sleep may help you experience a more restful night's sleep and wake up feeling more refreshed.



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Does Youthful Sleep really function? How exactly does Youthful Sleep function? In this review, you will learn all

you need to know about the natural sleep aid available today.

What is Rejuvenating Sleep?

Youthful Sleep is a nutritional supplement intended to improve sleep quality.

Youthful Sleep, according to The Youthful Company, may provide two times better sleep quality, a 600% improvement in sensations of weariness, 200 percent quicker response times, and 400 percent better focus, as well as enhanced emotions of occasional worry and mood.

Simply take two capsules of Youthful Sleep before bedtime each night, then let the 810mg patented blend to take effect. Each serving of Youthful Sleep includes spearmint, green tea, and ashwagandha to promote relaxation and sleep.

Over 50 million Americans suffer from restless sleep (NRS). It leaves you feeling sluggish the next morning. If your body never enters the restorative part of sleep, it may cause serious mental and physical health issues.

Youthful Sleep Advantages

The Youthful Company claims that its sleep aid solution has the following benefits:

2X improved sleep quality

600% improvement in tiredness, 100% quicker response time, 400% enhancement in concentration

mood and feelings of occasional anxiety are enhanced.

How Does the Youthful Sleep System Work?

Numerous sleep aids promise to induce a deeper, more peaceful sleep, but their limited efficacy leaves consumers disappointed.

Youthful Sleep, on the other hand, combines a combination of clinically-proven substances to enhance sleep quality and next-day function, allowing you to reach a deeper period of sleep so that you feel more refreshed the following day.

Youthful Sleep has non-addictive substances as well. In contrast to other sleep aids and medicines, your body does not develop a tolerance to these chemicals over time. Youthful Sleep utilizes natural substances that promote the body's relaxation and sleep cycles to induce a comfortable slumber.

Unlike other sleep aid products, Youthful Sleep does not include melatonin, amino acids, or other popular substances.

The most abundant component of Youthful Sleep is spearmint essential oil. Youthful Sleep utilizes spearmint essential oil to promote sleep quality and performance the following day, raise concentration and response speed, and improve visual memory and processing, among other advantages.

Green tea is the second largest element in Youthful Sleep. Green tea is naturally abundant in amino acids such as L-theanine, which are associated with relaxation and tranquillity. In fact, many individuals use L-theanine tablets daily to counteract caffeine's unfavorable side effects.

Additionally, Youthful Sleep contains adaptogens such as ashwagandha. Ashwagandha, which has been used for millennia in traditional Indian (Ayurvedic) medicine, supports the body's reaction to physical and emotional pressures, making it easier to rest at night.

The Youthful Sleep recipe is completed with asparagus stem extract. Youthful Sleep comprises a unique extract

of asparagus stalks that has been treated with enzymes to regulate circadian rhythm, promote sleep, and enhance stress response.

Youthful Sleep's combination of active substances may have profound benefits on sleep, relaxation, and tranquillity.

Negative Effects of Non-Restorative Sleep

Across the globe, millions of individuals suffer from non-restorative sleep (NRS). This indicates that they are unable to enter the period of sleep in which their body rests and regenerates.

If your body is unable to achieve deep sleep, it might result in difficulties such as:

Impaired cognitive performance

Disorientation and inability to concentrate

occasional brain fog and forgetfulness

Low energy

Anxiety and irritability

Gain in weight, sluggish reflexes, and other concerns

If you have trouble sleeping, it may affect every part of your life. Youthful Sleep strives to help you sleep better and prevent the aforementioned issues.

Youthful Sleeping Substances

Youthful Sleep is formulated with three active components. These components promote many elements of rest and relaxation, so making it simpler to fall asleep at night.

According to The Youthful Company, below are the three active components in Youthful Sleep and how they function:

Phenol120: Phenol120 is a special mix of spearmint and green tea, which are also the two most prominent active components in Youthful Sleep. This unique combination is said to increase sleep quality and performance the following day, raise concentration and response speed, improve visual memory and processing, and improve risk-taking judgment, among other advantages.

ETAS is an extract of asparagus stalks processed with enzymes. The mixture has been examined for its capacity, among other advantages, to improve sleep quality, minimize next-day weariness, enhance stress response, and regulate your circadian clock. It is a proprietary mixture designed by a third-party producer to induce sleep using asparagus extract.

Ashwagandha: Youthful Sleep also includes a standardised aqueous extract of ashwagandha. It is a proprietary version of ashwagandha with specified concentrations of nutraceutical constituents. Among other advantages, these nutraceutical components may alleviate insomnia, reduce stress, enhance concentration and response speed, and lessen weariness.

Evidence Supporting Youthful Sleep

Youthful Sleep contains patented formulae that have undergone rigorous testing to ensure they perform as stated. We'll examine some of this scientific research to evaluate if Youthful Sleep can really help you fall asleep, or whether it's just another overhyped sleep aid.

Phenol120 is a combination of green tea and spearmint extract. The customized combination may improve sleep in a variety of ways.

For instance, in a 2018 study published in the Journal of Alternative and Complementary Medicine, researchers discovered that spearmint extract enhanced working memory in men and women with age-related memory decline. Researchers discovered spearmint extract to be a good dietary intervention for general cognitive health in

older individuals with age-related memory decline (AAMI). Many individuals with cognitive difficulties often have difficulty sleeping.

Green tea, which includes caffeine naturally, does not seem to be conducive to sleep. Nonetheless, research indicates otherwise. In a 2017 study published in *Nutrients*, researchers discovered that green tea reduces stress and improves sleep quality, mitigating some of caffeine's harmful side effects. Researchers discovered that those who drank green tea with a modest level of caffeine tended to have considerably better sleep.

L-theanine is one of the reasons green tea may promote restful sleep. L-theanine, a natural constituent of green tea, is an amino acid having GABAergic properties, meaning it may help the body relax. According to one research, it is an effective natural sleep aid. Numerous individuals use L-theanine daily to prevent the anxiety, jitters, restlessness, and inability to sleep caused by excessive coffee consumption.

Youthful Sleep also includes asparagus extract treated with enzymes (ETAS). ETAS was created by scientists as an anti-stress functional meal. In two human studies, ETAS was demonstrated to enhance sleep in healthy adult

males. Researchers discovered that ETAS improved sleep quality and regulated the sleep state in males. Today, several popular sleep aid pills contain ETAS (a trademarked composition) to promote anti-stress benefits and a more restful night's sleep.

The last active element in Youthful Sleep is ashwagandha. Ashwagandha is an adaptogen that has been used for millennia in Ayurvedic medicine and might help you control your body's reaction to stress. Even in individuals with insomnia and other sleep problems, ashwagandha improves sleep quality and shortens the time it takes to fall asleep, according to studies. In healthy people, ashwagandha has minimal negative effects, according to research. Ashwagandha, also known as *Withania somnifera*, is one of the most popular and scientifically proved anti-stress and sleep-supporting substances in the world.

Youthful Sleep comprises a combination of substances that have been shown to promote stress response, sleep, rest, and relaxation. By taking two capsules of Youthful Sleep before bedtime each night, you may be able to promote a more peaceful night's sleep.

Youthful Sleep Components List

The Youthful Company lists all components and the total dose of the unique mix including the three active compounds in Youthful Sleep.

The whole ingredient list includes:

YouthActives Sleep Quality Blend (810mg) consists of spearmint, green tea, enzyme-treated asparagus extract (ETAS), and ashwagandha aqueous extract.

Vegetable (capsule), dextrin, rice flour, and magnesium stearate comprise the remaining inactive ingredients.

What Do Customers Think About Youthful Sleep?

Youthful Sleep is a relatively new product, but internet evaluations indicate that the composition supports sleep in a variety of ways as stated.

According to the official website, the following testimonials are from confirmed purchasers:

One individual enjoys using Youthful Sleep to combat everyday stress and improve sleep quality; after a month of use, he was able to dramatically enhance his deep sleep (as measured by his sleep and fitness tracker), and he also feels more refreshed and calm than ever before.

Another client regarded Youthful Sleep as a "game-changer" for its capacity to alter sleep; this individual had previously tried several supplements, including sedating herbs, amino acids, and melatonin, but nothing worked until he tried Youthful Sleep.

One client took Youthful Sleep for three weeks and observed considerable improvements; he records his sleep with the Oura sleep monitoring ring, and Youthful Sleep has been more effective for his sleep than any other natural approach he has tried in the last three years (including 15 different eye masks, every ear plug on the market, weighted blankets, reduced blue light, and dozens of supplements)

Multiple customers describe taking Youthful Sleep after years of dealing with sedatives; while sedatives function to help you fall asleep, they may also produce side effects and leave you feeling sluggish, which is not the case with Youthful Sleep's natural components.

Other consumers concur that Youthful Sleep helps them achieve REM sleep more often, resulting in the following day's apparent advantages.

Overall, users seem to agree that Youthful Sleep supports restful sleep, promotes tranquility and stress alleviation, and gives you a better night's sleep utilizing natural, non-addictive substances as stated.

Youthful Sleep Costs

One bottle of Youthful Sleep costs \$69.95, however the price decreases by buying several bottles or subscribing to the autoship service.

Here is how pricing is structured:

1 Bottle costs \$69.95

Two Bottles for \$119.99

Four bottles cost \$220.80.

Subscribe and you'll save 10%: \$62.96 for each bottle (every 30 days)

Each container of Youthful Sleep has a 30-day supply (30 servings / 60 capsules). Each night, two capsules are used to support peaceful sleep.

The Youthful Company claims that the recipe is composed of the greatest quality botanicals, vitamins, and minerals, with each component combination chosen for optimal efficacy. In addition, all label potencies are validated by a third party, and their formulae are

constantly tested for heavy metals and microorganisms to guarantee they adhere to stringent requirements.

Last Word

The Youthful Company developed the sleep aid product Youthful Sleep.

Youthful Sleep's combination of green tea, spearmint, asparagus, and ashwagandha may support good sleep without the need of melatonin or other popular components. The components have distinct mechanisms of action and have been shown in various studies to enhance sleep, including stress response, anxiety alleviation, and induction of deep sleep, among other advantages.

Visit YouthfulCompany.com to discover more about Youthful Sleep and how it works, or to purchase the supplement online now.



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