

Science that soothes. Sleep that restores.

A calming sleep guide built around simple evening rituals, sleep science and Duo Calm's trusted sleep formula.

No shortcuts. Just science and care.



Calm
routine



Sleep
quality



Wind-down
support



Morning
reset

Why sleep is a full-body reset.



Sleep is more than rest. It is when your mind processes the day, your body repairs, and your nervous system prepares for tomorrow.

1

Brain

Memory, focus and emotional balance are supported during sleep.

2

Body

Recovery, repair and physical renewal work best overnight.

3

Rhythm

A steady routine helps your body recognise bedtime cues.

d

Sleep latency is the time it takes to fall asleep. A calmer routine can help support that transition.

HOW DUO CALM SUPPORTS YOUR NIGHT

Deep soothing support, **naturally.**



Duo Calm combines calming botanicals with magnesium glycinate and vitamin B6 to support your evening wind-down.

1

Fall asleep faster

Valerian helps support a smoother transition into sleep.

2

Improve sleep quality

Chamomile supports a calmer, more restorative night.

3

Relax and unwind

Magnesium and B6 support body and mind relaxation.

d

Better evenings are built by routine, not panic.

The Duo Calm formula, explained.



Every ingredient is selected to work in harmony - supporting relaxation, a calmer evening routine and better sleep quality.



Valerian

Calming support for a more settled evening.



Chamomile

Gentle wind-down support before bedtime.



Magnesium

Supports relaxation and muscle comfort.



Vitamin B6

Works alongside magnesium to support relaxation.

*Better sleep often
starts before bedtime.*

Build a calmer evening routine.



Dim the noise

Lower lights and reduce stimulation.



Give your phone a finish line

Step away from scrolling before bed.



Take Duo Calm

1 capsule, 30 minutes before bed.



Stay consistent

Let repetition do the heavy lifting.



evening ritual

*Keep it beside your bed.
Let the routine do the heavy lifting.*

The last hour decides the tone of the night.



Small changes in the final hour can shape how well you sleep and how you feel tomorrow.

1

60 MIN

Reduce stimulation. Step away from screens and switch off notifications.

2

45 MIN

Cut the noise. Lower the volume around you and in your mind.

3

30 MIN

Take Duo Calm. Take 1 capsule 30 minutes before bed.

4

10 MIN

Set the body down. Breathe slowly, stretch lightly and let go of the day.

d |

The final hour is not just the end of the day - it is the bridge that leads you to real rest.

Your body loves timing.

Sleep is heavily influenced by repeated cues. Light, food, movement and screen habits all help tell your body what time it is.



Morning light

Get daylight early. It helps anchor your rhythm for the day ahead.



Evening dim-down

Lower bright light and strong stimulation as bedtime gets closer.

d | Consistency is the quiet signal your body understands.

Make your bedroom feel like a decision has already been made.

When the room says rest, your nervous system has less friction. Each evening cue becomes a small instruction: slow down, soften and settle.



1

Cool

A cooler room supports deeper, more restorative sleep.

2

Dark

Dim the lights and block brightness where possible.

3

Quiet

Reduce noise to help mind and body unwind.

Better sleep often starts before sunset.



What you do in the late afternoon and early evening sets the stage for the night ahead. Small choices help your body transition into rest mode.

1

Evening light

Use softer lighting as bedtime gets closer.

2

Balanced meals

Choose a light evening meal that is satisfying but easy to digest.

3

Hydration earlier

Drink enough during the day, then ease off close to bedtime.

4

Caffeine cut-off

Keep caffeine earlier so your evening can settle naturally.

Good sleep is prepared before the pillow.

A two-minute downshift for a loud mind.

Use this brief breathing reset before bed to signal your body to slow down and make space for better sleep.

1. Inhale

4 seconds

2. Hold

4 seconds

3. Exhale

6 seconds

Repeat for 5 rounds

- Breathe in through your nose.
- Hold gently - no tension.
- Exhale slowly through your mouth.



Stress does not end when the day ends.

If your mind keeps running at night, give it a place to land before bed. A short brain-dump can help reduce the urge to solve everything in the dark.

1 What will I set aside tonight? _____

2 What went well today? _____

3 What is the first next step? _____

4 What can wait until tomorrow? _____

d | You do not need every answer tonight. Rest is still rest.

A little sleep science helps the routine work.

Good sleep is shaped by timing, light, body temperature and nervous system state. Small, repeated cues help the body shift more naturally toward rest.

1

Rhythm

Regular light and dark cues help signal when your body should feel alert or sleepy.

2

Pressure

The longer you stay awake, the more sleep pressure builds and nudges bedtime readiness.

3

Temperature

A slight drop in body temperature helps support a smoother transition into sleep.

4

Nervous system

Slow breathing and lower stimulation help the body move into a calmer state.

Better sleep responds to rhythm, light and repetition.

Small cues can make a real difference.

Use Duo Calm as a ritual, not a rescue mission.

Use it as part of the same evening ritual, not as a last-minute panic button. Repetition helps your body recognise the cue.

d | Take 1 capsule daily, 30 minutes before bedtime.



Check first

Use with healthcare guidance if you have a chronic medical condition.



Use sensibly

Do not combine with alcohol or drive after use.

Keep out of reach of children. Follow the recommended directions.

Important safety and storage notes.

Use only as directed. These notes help customers use Duo Calm thoughtfully and safely.

1

Pregnancy and breastfeeding

Pregnant and breastfeeding women should avoid using this product.

2

Medication check

For anxiety or depression medication, consult your healthcare practitioner first.

3

Surgery note

Discontinue use 2 weeks prior to any planned surgical procedure.

4

Storage

Store at or below 25 C. Protect from light and moisture.

d | This product is not intended to diagnose, treat, cure or prevent any disease.

Track the feeling, not just the hours.

Use this tracker for seven nights. The aim is not perfection. The aim is to notice patterns and build a calmer routine you can repeat.

Night	Routine	Fall asleep	Wake refreshed	Morning note
1				
2				
3				
4				
5				
6				
7				

d | Better sleep is not about control. It is about creating calm you can repeat. Start tonight.