

## Lack of REM Sleep

Rapid Eye Movement (REM) sleep is a crucial stage of sleep that plays vital roles in memory consolidation, emotional regulation, and brain health. Insufficient REM sleep can have significant consequences, including:

**Cognitive Impairment:** Difficulty concentrating and focusing, impaired memory and recall, reduced problem-solving abilities and an increased risk of Alzheimer's disease.



Our Real NYCBD Sleep Tight products contain 30% CBN and 10% CBG

Studies have shown that CBN can greatly increase the time in the REM sleep cycle and improve the quality of your sleep over all.