



ROOGENIC™

The blend mixes these nutrient-rich Native Australian Plants with lavender, chamomile, passion flower and dandelion leaves to create a sleeping elixir that is helping 10,000's of people across Australia and the world reclaim a better night's sleep.



ROOGENIC SLEEPING GUIDE



The Roogenic Native Relaxation & Native Dreamtime Tea blends have been designed with five Native Australian Bush Plants that have traditionally been used to support deep & consistent sleep, relax the mind, or promote overall wellbeing.

sleep better naturally

sleep better naturally

HOW NATIVE RELAXATION & NATIVE DREAMTIME TEA WORK

JILUNGIN

Sourced from the Nyul Nyul Community, Jilungin is commonly referred to as the dreaming tea plant. The shrub has been used for decades to help relax a racing mind and encourage a better night's sleep.

LEMON MYRTLE

The Queen of Australian herbs has the highest concentration of plant citral, which has anti-inflammatory and immune-boosting properties. Lemon Myrtle can also alleviate stress, creating a sense of calm.

ANISEED MYRTLE

Aniseed Myrtle contains a unique compound called anethole, which is known to help flush toxins from the body and reduce oxidative stress, allowing the body to unwind, decompress and fully relax.



If you're tired of feeling restless, we encourage you to follow this simple sleeping guide to achieve the best results, with our Roogenic Native Relaxation & Native Dreamtime Teas.

For best results we recommend drinking this sleeping tonic for 14 days straight.

sleep better naturally



NATIVE LEMONGRASS

Recent scientific research is lauding the ability of Native Lemongrass' painkilling properties. Traditionally, the plant was used to remove discomfort in the body and even used to help with respiratory issues.

STRAWBERRY GUM LEAF

Adding a delicious fruity flavor to the Native Relaxation Tea, this unique ingredient has been recognised for its antioxidant, antifungal and antibacterial properties.

NATIVE RELAXATION & NATIVE DREAMTIME TEA BREWING GUIDE

LOOSE-LEAF TEA

Add 1 heaped teaspoon of Native Relaxation Tea or Native Dreamtime Tea to 500ml of boiling water (or to 350ml for a more potent tea).

Steep the Tea for 10-15 minutes.



TEA BAGS

Add 1 Native Relaxation Tea Bag to 250ml of boiling water.

Steep the Tea for 8-10 minutes.



Drink 250ml – 500ml of the Tea 30-60 minutes before bed.





“It’s a very relaxing tea we usually have before we go to bed at night for a lovely deep sleep. We call it the dreaming tea.”

“We would simply boil the leaves in a pot over the campfire and drink the tea 10-20 minutes before bed to put you to sleep... a long deep sleep”

Elder Bruno of the Nyul Nyul community

We are so proud to be working with Indigenous grower, Elder Bruno, to create the Roogenic Native Relaxation & Native Dreamtime Tea blends that harnesses the medicinal properties of Jilungin, a Native Australian ingredient that has been used for thousands of years by the Nyul Nyul community to produce an incredible night’s sleep!

CONNECT TO COMMUNITY WITH EVERY SIP.

Elder Bruno also says “When we pick, we look after the tree, because you need to look after what you got and look after country, by doing so the country becomes a part of you”.

We are in awe of pioneers of the bush food movement, like Elder Bruno, and hope you can connect to community and country with every sip of Native Relaxation Tea or Native Dreamtime Tea. Part profits are returned to Elder Bruno and the Nyul Nyul community so we thank you for your purchase and for supporting our mission.





SLEEP WELL

NATUROPATHIC TIPS TO ACHIEVE BETTER SLEEP

Sarah Chelle *Naturopath (BHSc)*
sarahchelle.com

Head to
roogenic.com.au/blogs/blog
to read each tip in detail
including scientific explanations
and examples.

Create a bedtime routine

1

Studies show that having a regular bedtime routine reduces how long it takes for you to fall asleep once your head hits the pillow. Your brain essentially recognises this routine as a sign that it's time to wind down and it will start to produce lots of sleep-promoting neurotransmitters such as melatonin. Adding a cup of tea to your bedtime routine 30-60 minutes before bed is a great example of this.

Eat a balanced dinner that contains carbohydrates, protein & fat

To stay asleep, your body needs a constant supply of blood sugar. This blood sugar nourishes your brain and body so they can keep you alive while you sleep and allow you to heal. But if your blood sugar runs out, your body releases cortisol to bring it back up again. A combination of carbohydrates, fats and protein at dinner time will provide you with a stable amount of blood sugar that will last all night.

2

Roogenic Native Relaxation & Native Dreamtime Tea

3

Both of the Roogenic sleeping tea blends are great for producing a better night's sleep based on the natural properties of some of the plants in the blend. To read in detail how the plants can help produce a better nights sleep, please read my in detail review on the [Roogenic blog](#).

Monitor your bedroom temperature

Studies show that the optimum room temperature for you to have a good nights sleep and stay asleep is between 16-19°C degrees. When your temperature fluctuates outside of this range, your body releases cortisol and that stimulates your brain to wake up. So, if you go to sleep curled into a ball to maintain warmth or wake up cold, add an extra blanket or wear cosier pyjamas.

4

Minimise-blue light exposure

5

Blue light emitted from electronic devices such as TV's, mobile phones and laptops, can reduce how quickly you fall asleep and the quality of your sleep throughout the night. This is because the blue light enters through your eyes and stops the production of melatonin in your brain. I recommend adding a blue light filter to your devices or having screen-free time before bed.



RECOMMEND AND SAVE*

Do you want to earn Roogenic credit for recommending your family and friends?

Simply send them your unique URL code in your Roowards account and once they purchase using that URL, you will receive \$10 in Roogenic credit. They can also get \$10 off their first purchase just for signing up!

**terms and conditions apply*



ROOGENIC™



YOU MAY ALSO LIKE...

NATIVE ANTI-INFLAMMITEA

Our Roogenic Native Anti-Inflammitea combines the well-known properties of Turmeric with three Australian bushfoods including Native Lemongrass, Lemon Myrtle and Tasmanian Pepperberries to calm and ease inflammation in the body.

NATIVE HAPPINESS

Native Happiness Tea is blended with all the flavours of a summer smile with punchy pops of Mango among our native Australian plants, with some of the ingredients in the blend used to boost happiness, ease stress, reduce anxiety, and increase focus.

