

START BY ASSESSING YOUR CURRENT SLEEP PATTERN

MedEcho is more than just CBD. We set a new standard with our condition-specific formulas, including clinically validated key ingredients, to help manage the principal conditions of **Sleeplessness, Pain** and **Stress**.

We approach results with enhanced predictability. Consistent with established care guidelines, MedEcho's user experience is led with **simple, clear direction on when, why and how much to apply.**

Unparalleled attention to detail in the efficacy of our products, positions MedEcho as most referred by healthcare professionals looking for credible alternatives. **Always safe, natural, non-addictive and non-intoxicating.**



Fatigued, Irritable, Brain-Fog, Unsettled



Exhausted, Agitated, Thought-Paralyzed, Distressed

CHOOSE YOUR MATCHING QUICK START OPTION



**Level 1
Sleeplessness
Acute**

Acute insomnia can last for a couple of days or even a few weeks. Usually the result of elevated stress and/or traumatic life event(s).

Possible symptoms: difficulty falling asleep, waking up during the night, or too early resulting in daytime tiredness, irritability and difficulty focusing after a night's sleep

**Sleep Solution with Melatonin*
180mg CBD Full Spectrum
Hemp Extract**

A precise, therapeutic approach that targets cerebral receptors that quickly put you to sleep, promotes improved sleep quality and increased duration.



**Level 2
Sleeplessness
Chronic**

Chronic insomnia exceeds one month, possibly even years. Often fueled by adopted disruptive sleep habits, other health conditions, or medications.

Possible symptoms: difficulty falling asleep, waking up during the night, or too early resulting in daytime sleepiness, forgetfulness, increased errors or accidents and anxiety or worry about future night's sleep

**Sleep Solution with Melatonin*
180mg CBD Full Spectrum Hemp Extract
CBD Capsules
1500mg CBD Isolate Hemp Extract**

Promotes quality, restful sleep and a healthy sleep cycle; treating the underlying causes that can exacerbate sleeplessness and helping to diminish the related adverse effects so you can fall asleep fast and wake up feeling energized with less fatigue.

REFINE YOUR ROUTINE



NO EXERCISE
4h BEFORE BEDTIME



TURN OFF DEVICES
2h BEFORE BEDTIME



STOP CONSUMING
CAFFEINE AFTER 2 pm



NO ALCOHOL
3h BEFORE BEDTIME

Structure creates stability, a sense of familiarity, confidence, and control.

Structure is created by consistent routines. Refining your daily routine can often help put an end to sleepless nights by tackling the most common external factors and/or related conditions negatively impacting your internal clock's operation.

The key, before attempting to adopt any of the lifestyle changes listed above, is to establish a consistent day-to-day sleep/wake schedule.

This is the cornerstone to promoting reduced stress, better health outcomes, a positive attitude, and increased physical activity.

TAKE THE MEDECHO SHORTCUT TO EFFECTIVE RELIEF

The fastest way to realizing results starts by following the healthcare professional recommended daily schedule and directions without deviation. **This structure helps promote quality, restful sleep and a healthy sleep cycle, providing 30 days of usage.**

**Level 1 Sleeplessness
Acute**



**Level 2 Sleeplessness
Chronic**



MedEcho's Sleeplessness Quick Start options make it easy to get the right support for enhanced restful sleep. They are noticeably effective when **followed as directed for a minimum of 7 days** with increased results seen in continued daily use.