

Lack of Sleep, Anxiety and Stress During COVID Degrades Mental Health Driving Consumer Demand for Natural Solutions

As U.S. Pharmacies issue record levels of prescription and over-the-counter medication, consumers seek natural options

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[/EINPresswire.com/](https://EINPresswire.com/) -- The COVID

pandemic of 2020 goes well beyond physical health – and its mental health toll is just beginning to surface. This is being billed as the shadow pandemic

of mental health – with increases in anxiety, depression, and suicide. The Kaiser Family Foundation’s recent health survey reported that 53% of American adults reported that their mental health has been negatively impacted. [1] This is being born out in increases to mental health hotlines - in April the federal government’s disaster distress hotline increased by more the

1,000 percent[2], and CDC data shows that 40% of US adults are reporting struggling with mental health or substance use. [3]

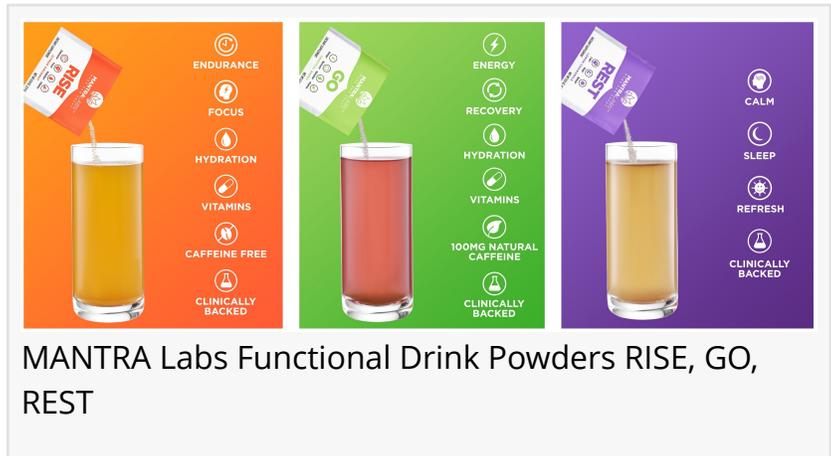
“

MANTRA’s Rest formula is ideally suited to support restorative sleep as part of a holistic wellness program. A natural solution that aligns with the body’s circadian rhythms to support optimal sleep”

Kenneth M. Israel

Experts are referring to the condition as PCSD (Post COVID Stress Disorder). Health is front and center with sleep and de-stressing being key.

Kenneth M. Israel, who heads up formulation for [MANTRA Labs](https://www.mantralabs.com/) and is a 30-year innovator and authority on dietary supplements, confirms the connection between disordered sleeping, biorhythms, and correct supplementation to improve mental health.



“It is vital during times of stress and especially during the COVID-19 pandemic to support normal sleep cycle’s in order to support one’s mental health, immune system, and overall wellbeing. Sleep is simply key to everything, Israel said. “MANTRA’s Rest formula is ideally suited to support restorative sleep as part of a holistic wellness program. It’s a natural solution that aligns with the

body's circadian rhythms to support optimal sleep.”

Notes Paul Janowitz, CEO, and Founder of Mantra Labs Nutrition: “We’ve scoured the globe and conducted extensive ingredient research to develop our complete all day biorhythm system of [RISE, GO, REST](#). We use it daily in our own family daily – and it has made a world of difference in our own health.”

Researchers Jeffrey C. Hall, Michael Rosbash, and Michael W. Young were jointly awarded the 2017 Nobel Prize in Physiology or Medicine for their discoveries of molecular mechanisms controlling the circadian rhythm, which has major health implications including feeding behavior, hormone release, blood pressure and body temperature and most especially, in the support of sleep disorders and anxiety the ability to regulate sleep.

[About MANTRA Labs Nutrition: Made for Great](#)

MANTRA Labs™ Nutrition is a family business in Austin, Texas that is fueled by the need for better hydration, clean energy, and natural sleep supplements. The company is built on three core principles of total health – movement, rest, and community. The result is a system of clean, science-driven, chrono-nutrition to support the body and mind for total health, all day, every day.

MANTRA's social mission is to elevate the conversation on mental health and increase funding and awareness for mental health organizations. The company donates 1% of all sales to organizations doing game-changing and life-saving work in the mental health community.

[1] <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

[2] <https://www.washingtonpost.com/>

[3] <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

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