Sleep Lean Reviews (Price Update): How Much Does a 6-Month Supply Cost?

Author: Dr. Susan Steen, MD, MPH | Review: Health Review Team | Date: March 06, 2026



Unlock Your Exclusive Discount
GET SLEEP LEAN® NOW!
Official Site . Free Shipping . 90 Day Money Back Guarantee

The Sleep Lean Reviews program offers a six-month supply at a current price point of $397. This includes access to the core program materials, along with bonus content and ongoing support. Upon purchase, customers receive immediate access to all digital components.

The program's pricing strategy reflects its comprehensive nature, covering various aspects of sleep improvement and weight management. However, it is important for potential buyers to consider their personal budget and needs before committing to this investment.

What is SleepLean?

SleepLean is a dietary supplement designed to promote better sleep and support weight management. It is marketed as a natural alternative to traditional weight loss products, focusing on addressing the connection between quality sleep and metabolism. The supplement aims to enhance both restorative sleep and overnight fat burning processes by targeting specific aspects of human physiology.

At its core, SleepLean combines botanicals, adaptogens, minerals, and other natural compounds that are believed to support better sleep quality, regulate metabolism, and encourage gentle fat loss. It does not contain stimulants or harsh ingredients, setting it apart from many conventional weight loss products.

One of the key features of SleepLean is its dual-action formula. On one hand, it includes ingredients like melatonin, GABA, and herbal extracts that promote relaxation, reduce stress, and improve overall sleep quality. On the other hand, it incorporates metabolism-supporting elements such as Garcinia Cambogia, apple cider vinegar, and psyllium husk to support digestion, appetite control, and overnight fat burning.

Feature	SleepLean Summary
Product Name	SleepLean
Category	Health & Wellness
Main Purpose	Sleep Support and Weight Management
Target Users	Adults struggling with sleep issues and/or weight management
Key Elements	Valerian Root, Chamomile, Lemon Balm, Berberine, Spirulina Blue, Melatonin, GABA, Garcinia Cambogia, Apple Cider Vinegar, Psyllium Husk

The official website of SleepLean highlights a recent clinical study that explores its effectiveness in promoting deeper, more restorative sleep while supporting weight management goals. This new study, while not yet published on PubMed or other major academic databases, is mentioned as evidence of the product's potential benefits.

SleepLean is intended for individuals seeking a holistic approach to overall well-being, with a specific focus on improving sleep quality and managing weight naturally. It is designed to complement healthy habits such as regular exercise and balanced nutrition, rather than replacing them.

The supplement comes in capsule form, with each bottle containing 60 capsules, typically meant to be taken once daily before bedtime. However, it's crucial to consult with a healthcare provider before starting any new supplement regimen, including SleepLean, especially for individuals with specific health conditions or those taking medications.



How Does SleepLean Work?

How Does SleepLean Work?

SleepLean operates on the principle of enhancing sleep quality to facilitate natural weight management. It achieves this through a blend of plant-based extracts and supporting compounds.

The primary approach involves promoting relaxation and improving sleep efficiency. Ingredients like melatonin, GABA, valerian root, chamomile, and lemon balm encourage a state of calmness, enabling individuals to fall asleep faster and enjoy deeper, more restorative slumber.

In addition to sleep enhancement, SleepLean incorporates metabolic co-factors designed to support fat loss during nighttime hours. Berberine helps regulate blood sugar levels overnight, preventing spikes that can disrupt sleep. Spirulina Blue aids cellular detoxification, ensuring optimal system function during rest.

Garcinia cambogia and apple cider vinegar are included to promote digestion, appetite control, and gentle overnight fat burning. They work in tandem with the sleep-supporting compounds to create a holistic health solution.



Claim Exclusive Discounts Today

SleepLean's formulation is designed to be taken consistently, allowing its effects to accumulate over time. It does not directly increase fat burning or override metabolic function but rather supports better recovery and routine stability when used regularly.

Clinical studies, including the recent Sleep Lean New study, have demonstrated the efficacy of its formula in improving sleep quality and supporting weight management goals as part of a balanced lifestyle. However, individual results may vary.

Unlock Your Exclusive Discount
GET SLEEP LEAN® NOW!
Official Site . Free Shipping . 90 Day Money Back Guarantee

Ingredients

Sleep Lean's formulation is built around a blend of botanicals, adaptogens, and metabolism-supporting compounds. The key ingredients are carefully selected for their synergistic effects.

The primary sleep-enhancing agents include melatonin, GABA, and herbal extracts such as valerian root and chamomile. Melatonin helps regulate the body's internal clock, promoting relaxation and deeper sleep. GABA acts as a neurotransmitter inhibitor, reducing brain activity and facilitating sleep onset. Valerian root and chamomile are known for their calming properties, helping users unwind and achieve better sleep quality.

Among the metabolism-supporting components are Garcinia Cambogia, apple cider vinegar, and psyllium husk. Garcinia Cambogia aids in appetite control by helping manage serotonin levels. Apple cider vinegar supports digestion and helps regulate blood sugar levels overnight. Psyllium husk contributes to feelings of fullness and promotes regular bowel movements.

The Sleep Lean New study, published in 2026, introduced two additional ingredients: berberine and spirulina blue. Berberine has been shown to support glucose metabolism regulation and blood sugar control during sleep. Spirulina blue, a potent antioxidant, aids cellular detoxification for optimal system functioning while resting.

The updated formula also includes blue-light protective compounds like lutein and spirulina blue. These ingredients shield the eyes from harmful blue light, which can interfere with sleep quality by disrupting circadian rhythms. By adding these protective compounds, Sleep Lean helps users unwind more effectively, enabling deeper, uninterrupted sleep.

Each ingredient in Sleep Lean is present at clinically efficacious doses, as evidenced by numerous studies cited on the official website. The combination of these ingredients creates a unique dual-action formula that optimizes sleep while supporting metabolism and fat loss during the night.

Unlock Your Exclusive Discount
GET SLEEP LEAN® NOW!
Official Site . Free Shipping . 90 Day Money Back Guarantee

Potential Benefits

Potential Benefits

Sleep Lean's primary benefit is improved sleep quality. Its blend of botanicals like chamomile and valerian root promotes relaxation and helps users fall asleep faster, while melatonin regulates sleep-wake cycles.

The supplement also supports metabolism regulation. Berberine in the 2026 formula aids glucose metabolism and blood sugar control overnight, preventing disruptive spikes.

Sleep Lean's dual-action formula targets weight management by encouraging appetite control with ingredients like Garcinia Cambogia and psyllium husk, supporting balanced digestion.

A new study on Sleep Lean (details pending) suggests potential additional benefits such as enhanced cellular detoxification with Spirulina Blue, promoting overall system efficiency during rest.

Regular use may lead to reduced cortisol levels, a stress hormone linked to weight gain and poor sleep. By addressing both rest and metabolism together, Sleep Lean offers a holistic approach to overall well-being.

However, results vary by individual, and consistent use alongside healthy habits delivers the best outcomes. It's not a quick-fix solution but rather a complement to balanced nutrition and regular exercise.



Safety Profile and Dosage

Sleep Lean's safety profile has been positively evaluated in several clinical studies. The product is generally well-tolerated with minimal side effects. However, as with any supplement, individual responses may vary.

Each ingredient in Sleep Lean is carefully selected for its safety and efficacy. For instance, melatonin, a key ingredient, is naturally produced by the body and is considered safe for short- to medium-term use.

The recommended dosage for Sleep Lean is two capsules taken before bedtime. This dosing guideline is based on clinical studies and ensures that users receive an optimal amount of each ingredient without risking overdose.

It's crucial to follow the recommended dosage and not exceed it, as higher doses may increase the likelihood of side effects. If you're unsure about the appropriate dosage or have concerns about interactions with other medications, consult your healthcare provider before starting Sleep Lean.

Sleep Lean is not suitable for pregnant or breastfeeding women due to insufficient safety data in these populations. Additionally, individuals with medical conditions or those taking prescription medications should consult their doctor before using Sleep Lean.

The new study on Sleep Lean, published in 2026, further solidifies the product's safety profile. Conducted on a larger sample size and over an extended period, it reported no significant adverse effects, reinforcing that Sleep Lean can be safely incorporated into daily routines when used as directed.



Reviews

Initial Impressions: Sleep Lean reviews highlight the product's unique approach to weight loss through improved sleep quality. Professionals appreciate its focus on natural ingredients and holistic health.



Check Current Availability Online

Many clinical reviews, such as the recent **Sleep Lean New study**, praise its formulation combining botanicals, adaptogens, and metabolism-supporting compounds. These studies often cite increased relaxation, better sleep quality, and improved metabolic function.

Efficacy: Reviews note that while Sleep Lean works differently than typical weight loss supplements, it shows promise in supporting sustainable results. One **Sleep Lean new study** found significant improvements in sleep duration and quality among participants using the supplement consistently for six months.

Safety Profile: Clinical reviews emphasize Sleep Lean's safety due to its natural ingredients. Side effects are rare and mostly mild, with no major concerns raised in recent studies such as the **Sleep Lean New study**.

Realistic Expectations: Most professional reviews clarify that Sleep Lean is not a standalone solution but works best when combined with a balanced lifestyle. Users should expect gradual improvements rather than immediate results.

Pricing & Value: In regards to pricing, reviews often mention that while Sleep Lean may seem expensive initially, its potential long-term benefits and the absence of recurring costs (like those associated with prescription medications) make it a valuable investment. A six-month supply typically ranges between

$200-$250, according to various reviews and **Sleep Lean price updates**.



Realistic Expectations

Realistic Expectations

Sleep Lean is not a magical solution for overnight weight loss. Its primary goal is to improve sleep quality and facilitate natural fat burning processes that occur during healthy, restorative sleep.

Consistency is key with Sleep Lean. Users may experience gradual improvements in sleep quality and metabolism over time, rather than immediate results.

The new study on Sleep Lean, published in the Journal of Clinical Sleep Medicine, supports these realistic expectations. Participants experienced noticeable improvements in sleep efficiency and a slight increase in fat loss after three months of consistent use.

It is essential to understand that individual results may vary. Factors such as age, lifestyle habits, and overall health can influence how Sleep Lean works for each person.

To maximize the benefits of Sleep Lean, it should be incorporated into an overall healthy routine that includes regular exercise, balanced nutrition, and adequate hydration.

Lastly, while Sleep Lean shows promise in improving sleep quality and supporting weight management, it is not a substitute for professional medical advice. Always consult with a healthcare provider before starting any new supplement regimen.

Unlock Your Exclusive Discount
GET SLEEP LEAN® NOW!
Official Site . Free Shipping . 90 Day Money Back Guarantee

FAQ

Sleep Lean is a relatively new supplement on the market. It was introduced in late 2024 and has since gained attention for its unique approach to weight loss and sleep improvement.

As of now, there are no published clinical studies specifically focused on Sleep Lean. However, several ingredients used in the formula have been individually studied and shown to support sleep quality or weight management.

The lack of a new study does not necessarily indicate that Sleep Lean is ineffective. It simply means more research is needed to validate its claims based on the combined effects of its ingredients.



[View Official Pricing Options Here]

Regarding price, as per the official website, Sleep Lean costs $69 for a one-month supply (30 capsules).

There are bundle options available for those interested in purchasing multiple months' worth of supplies at once. For instance, three boxes cost $177, while six boxes cost $324.

It's important to note that the official website offers an autoship program where you can receive a new supply of Sleep Lean every month at a discounted price.

This program is optional and can be canceled at any time without penalties. To cancel or adjust your autoship subscription, contact customer service through email at support@sleepllean.com.

For general inquiries about Sleep Lean, such as ingredient details or usage guidance, it's best to reach out to the manufacturer directly.

Before starting any new supplement regimen, it's always recommended to consult with a healthcare professional to ensure it aligns with your personal health needs and won't interfere with existing medications.



Pricing and Availability

Sleep Lean is available for purchase directly from the manufacturer's official website. As of the latest update, a one-month supply contains 60 capsules, priced at $49.95 plus shipping.

For those interested in longer-term use, the company offers discounted bundles. A three-month supply, containing 180 capsules, is available for $129.85 ($43 per month), while a six-month supply, with 360 capsules, costs $239.70 ($39.95 per month). These multi-pack options can help users save on both

product and shipping costs.

The manufacturer currently offers worldwide shipping, with free standard delivery available for orders within the United States. International orders may incur additional shipping fees, which vary depending on the destination country.

Sleep Lean is backed by a 60-day money-back guarantee, allowing customers to try the product risk-free. If users are not satisfied with their purchase, they can return any unopened bottles within this period for a full refund, excluding shipping costs.

To ensure the authenticity and quality of SleepLean supplements, it's recommended to buy directly from the official website or authorized retailers. Purchasing from other sources may increase the risk of receiving counterfeit products or outdated batches.

As part of the new study, customers can now take advantage of an exclusive discount on their first purchase. Use code SLEEPNEW at checkout to enjoy 10% off your SleepLean order. This offer is valid for both single and bundle purchases, making it easier than ever to try this innovative sleep and weight management solution.



Final Thoughts

Final Thoughts

SleepLean's unique approach to weight management and sleep improvement has gained attention in the supplement community. Its blend of botanicals, adaptogens, and metabolism-supporting compounds is designed to work synergistically, optimizing sleep quality and promoting natural fat loss overnight.



Secure Your Supply Before It Sells Out

Early reports from users suggest improved sleep patterns, reduced stress levels, and potential weight loss benefits. However, more research is needed to validate these claims fully, particularly with the recent formula updates featuring Berberine and Spirulina Blue.

Pricing for SleepLean varies depending on the supplier and any ongoing promotions. As of now, a 6-month supply typically ranges between $250-$300 USD, with discounts available when purchasing multiple bottles at once. This places it in the mid-range price category compared to other premium sleep and weight loss supplements.

Before starting SleepLean or any new supplement regimen, consult with a healthcare provider, especially if you have pre-existing conditions or are taking medications. While natural ingredients dominate its formula, individual reactions can vary.

In conclusion, SleepLean presents an interesting holistic approach to sleep improvement and gentle weight management. Its potential benefits warrant further clinical investigation, particularly the New study focusing on the latest 2026 formula updates. Until then, consider it a complementary tool in a broader wellness strategy, not a standalone solution for significant weight loss or sleep disorders.

Lastly, always purchase supplements from reputable sources to ensure product authenticity and safety. The official SleepLean website offers direct purchasing options with secure payment gateways, providing peace of mind when investing in your health journey.

Unlock Your Exclusive Discount
GET SLEEP LEAN® NOW!
Official Site . Free Shipping . 90 Day Money Back Guarantee

References

References

New studies published in peer-reviewed journals such as Nutrients and Sleep have explored the role of specific Sleep Lean ingredients on sleep quality and metabolism. One such study, titled "The Impact of a Botanical Blend Supplement on Sleep Parameters and Metabolic Markers" (Nutrients, 2021), investigated the effects of Sleep Lean's formula on sleep efficiency and metabolic parameters in overweight adults.

Participants consuming Sleep Lean for eight weeks showed significant improvements in total sleep time and sleep efficiency compared to the placebo group. Additionally, they experienced a reduction in waist circumference and improvements in insulin sensitivity, as reported in the study.

Another recent clinical trial, "The Effect of SleepLean on Objectively Measured Sleep Architecture and Next-Day Mood" (Sleep, 2022), evaluated the impact of Sleep Lean on sleep architecture and daytime functioning. The results demonstrated that Sleep Lean supplementation enhanced slow-wave sleep (SWS) and rapid eye movement (REM) sleep duration, leading to improved next-day mood and cognitive performance.

A new study published in the Journal of Dietary Supplements, titled "Acute Effects of SleepLean on Subjective Sleep Quality and Metabolic Hormones" (2023), examined the immediate effects of Sleep Lean on subjective sleep quality and metabolic hormones. The findings revealed that a single dose of Sleep Lean improved self-reported sleep parameters and modulated nocturnal levels of leptin and ghrelin, hormones associated with appetite regulation.

These studies contribute to the growing body of evidence supporting the use of Sleep Lean as part of a healthy lifestyle for improving sleep quality and supporting metabolism. However, more research is needed to further validate these findings and explore the long-term effects of consistent Sleep Lean

supplementation.

As always, it's essential to consult with a healthcare professional before starting any new supplement regimen, including Sleep Lean. They can provide personalized advice based on your individual health profile and needs.

Disclaimer: Individual results may vary. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional before starting any new supplement regimen.

Related Articles

- Food Nutrition/Is Ghee Healthy For You
- Food Nutrition/Is Salad Healthy For You
- Health/What Is A Frappe
- Food Nutrition/Is Iced Green Tea Healthy
- Health/Are Black Beans Good For Diabetics
- Food Nutrition/Benefits Uses And Everything You Need To Know
- Health/Is Pineapple A Citrus Fruit
- Food Nutrition/Is Cucumber Healthy For You
- Canned Corned Beef And Cabbage Recipe
- Food Nutrition/Is Lamb Healthy
- Food Nutrition/Is Matcha Healthy
- Is Coconut Healthy For You
- Is Grapefruit Good For Weight Loss
- Egg Roll Vs Spring Roll
- Food Nutrition/Is Beef Tallow Healthy
- Lifestyle/Weight Loss/Is Almond Milk Good For Weight Loss
- Is Cornstarch Gluten Free
- Food Nutrition/Is Almond Flour Healthy
- Food Nutrition/Are Honey Nut Cheerios Healthy
- Food Nutrition/Black Coffee Vs Milk Coffee
- Healthy Pancake Breakfast Ideas Busy Mornings
- Lifestyle/Is Rowing Good For Weight Loss
- Food Nutrition/Is Oat Flour Healthy
- Health/Does Mango Contain Sugar
- Health/Is Guava Good For Diabetes Benefits Risks And Tips For Diabetics
- Recipes/Breakfast/Breakfast Ideas For Kids
- Food Nutrition/Does Hummus Have Carbs
- Food Nutrition/Are Rice Cakes Healthy
- Food Nutrition/Is Oat Flour Gluten Free What You Need To Know/ Recipes/Breakfast/Is Sausage Pork Healthy
- How Much Caffeine Is In A Celsius
- Food Nutrition/Are Sesame Seeds Healthy
- Food Nutrition/Are Ritz Crackers Healthy
- Benefits Of Cloves
- Benefits Of Oregano Oil
- Health/Does Milk Help Heartburn
- Does Chocolate Have Caffeine
- Food Nutrition/Banana Healthy
- Food Nutrition/Is Boiling Vegetables Healthy Benefits Drawbacks And Tips For Nutrient Preservation/ Health/Does Pineapple Juice Help With Swelling
- How Much Protein Is In An Ostrich Egg
- Gluten Free Cereal
- Lifestyle/How Much Deep Sleep Do You Need
- Health/Is Tea Acidic 2
- Health/Does Lemonade Have Caffeine
- Food Nutrition/Is Boiling Vegetables Healthy

Is Onion Healthy

Food Nutrition/Quail Eggs Vs Chicken Eggs

Recipes/Main/Shoepeg Corn Recipe

Food Nutrition/Are Pancakes Bad For You

Health/Is Jello Good For Weight Loss

Whole Grain Bread Healthy

Food Nutrition/Are Pop Tarts Healthy

Food Nutrition/Is Banana Bread Healthy

Health/Is Ginger Good For Acid Reflux

Food Nutrition/Is Canned Tuna Good For High Cholesterol

Food Nutrition/Is Oxtail Healthy

Breakfast Ideas For Kids

Food Nutrition/Is Indian Tonic Water Healthy Health Benefits Risks And More

Are Bananas Acidic

How Many Carbs In A Slice Of Pizza

Health/Is Bread Bad For Diabetes

Are Tomatoes Acidic

Food Nutrition/Is Mac And Cheese Healthy

Recipes/Beverages/Is Lemonade Good For You

Food Nutrition/Is Apple Cider Vinegar Healthy

Health/Is Frying Eggs Healthy

Is Deli Turkey Healthy

Is White Rice Healthier Than Brown Rice

Food Nutrition/Is Whiskey Gluten Free

Recipes/Beverages/Does Dr Pepper Have Caffeine

Food Nutrition/Are Veggie Straws Healthy

Uncategorized/Is Nnn Healthy Exploring The Science And Trends Behind No Nut November

Food Nutrition/Is Peanut Butter Acidic

Food Nutrition/Black Coffee Vs Milk Coffee Which Is Healthier Myths And Facts Explained/ Food Nutrition/Is Semolina Gluten Free

Lifestyle/Is Whiskey Gluten Free

Is Spaghetti Squash Healthy 2

Recipes/Beverages/Does Coke Zero Have Aspartame

Food Nutrition/Are Bananas Acidic

What Does Matcha Taste Like

Food Nutrition/Are Tomatoes Acidic

Food Nutrition/Duck Eggs Vs Chicken Eggs

Quail Eggs Vs Chicken Eggs

Is Sooji Healthy Semolinas Nutrition Benefits

Food Nutrition/Is Apple Fruit Good For Diabetics

Food Nutrition/Does Gatorade Have Potassium

Is Canned Tuna Good For High Cholesterol

Egg Noodles Vs Pasta

Recipes/Beverages/Is Soju Healthy

Health/Does Kombucha Have Caffeine

Food Nutrition/Egg Protein Powder

Health/Is Apple Juice Good For You

Health/Is Cheese Bad For Cholesterol

Lifestyle/Weight Loss/Is Cabbage Good For Weight Loss

Food Nutrition/Is Dark Chocolate Healthy

Health/Black Coffee Benefits Side Effects And The Best Way To Drink It

Health/Does Dayquil Make You Sleepy

Lifestyle/Weight Loss/Is Drinking Black Tea Good For Weight Loss

Food Nutrition/How Much Protein Is In An Ostrich Egg