

Clean Remedies Highlights Sleep & Soothe Gummies as Daylight Saving Time Begins

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AVON, OH, UNITED STATES, March 9, 2026 /EINPresswire.com/ -- With daylight saving time now in effect after the weekend's clock change, many people are finding their sleep schedules temporarily disrupted. Clean Remedies, a hemp wellness company focused on thoughtfully crafted products, is highlighting its Sleep & Soothe CBD Gummies as a gentle option for those seeking a smoother transition into restful evenings during this seasonal shift.

Sleep disturbances are common in the days following the start of daylight saving time, as the body's internal clock adjusts to the loss of an hour. Even a small change in routine can make it more difficult for many individuals to fall asleep or stay asleep. Clean Remedies developed its Sleep & Soothe CBD Gummies with these moments in mind, focusing on ingredients known for supporting a calm nighttime environment without relying on melatonin.

[Clean Remedies' Sleep & Soothe CBD Gummies are made without melatonin](#) and feature a carefully balanced formulation designed to promote relaxation and help the body settle naturally into rest. Each gummy contains 20mg of full-spectrum hemp extract, along with 50mg of GABA and 10mg of L-Theanine. Together, these ingredients work in quiet harmony to calm the mind and encourage a sense of peace.



Clean Remedies Sleep & Soothe CBD Gummies are crafted with melatonin for no next-day drowsiness and a softer landing into rest.

While melatonin is commonly used in traditional nighttime products, some individuals prefer alternatives that do not rely on the hormone. Clean Remedies designed their Sleep & Soothe Gummies with that preference in mind, focusing instead on natural ingredients that support relaxation and help prepare the body for a restful night.

In addition to the Sleep & Soothe Gummies, Clean Remedies offers a broader range of hemp-derived gummies formulated for many different needs and preferences. [Clean Remedies produces a variety of CBD and THC gummies](#), including options that feature CBD, THC, or a combination of both. [Among Clean Remedies' offerings are Delta-9 THC gummies](#), which many consumers choose as part of their evening wind-down routines to promote relaxation and help ease the transition into nighttime rest.



Clean Remedies offers a variety of gummies made with THC and/or CBD, including these Delta 9 THC Gummies.

As interest in plant-derived wellness products continues to grow, Clean Remedies remains focused on transparency, ingredient quality, and thoughtful formulation. By offering a diverse lineup of gummies designed for different preferences and lifestyles, the company aims to provide approachable options for those seeking balance and calm in their daily routines.

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