

Sweet Dreams – Nutrition for Better Sleep

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1. Sleep deprivation is a common affliction
2. Many contributors: caffeine, worry, stress, job, computers, clock radio?!, menopause
3. Cortisol stress hormone, interferes with melatonin production, early waking?
4. Medications can interfere with sleep
5. Get to bed by 10:30 p.m.
An hour of sleep BEFORE midnight is worth 2 hours AFTER MIDNIGHT
6. Warm bath, soft music
7. Herbal teas or capsules: Valerian Root, Hops, Scullcap, Passion Flower, Chamomile, and Lavender
8. Calcium and magnesium-- preferably caps or liquid
9. ZMA®: zinc, magnesium, and vitamin B-6. My favorite
10. B-complex "Stress Vitamins." - early signs of deficiencies: irritability and insomnia.
11. Melatonin- "clock-regulating" hormone produced in the brain 1-3 mg or more?
Timed release vs. sublingual tablets
12. Phosphatidyl Serine- aids memory, mood and insomnia by helping to reduce cortisol
13. L-Theanine- amino acid in green tea, calm, relaxed via ↑ alpha brain waves
14. GABA, Glycine and Taurine—amino acids help produce a state of relaxation