

Sleep Quality

DNA Health Report

REPORT CATEGORY —



Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

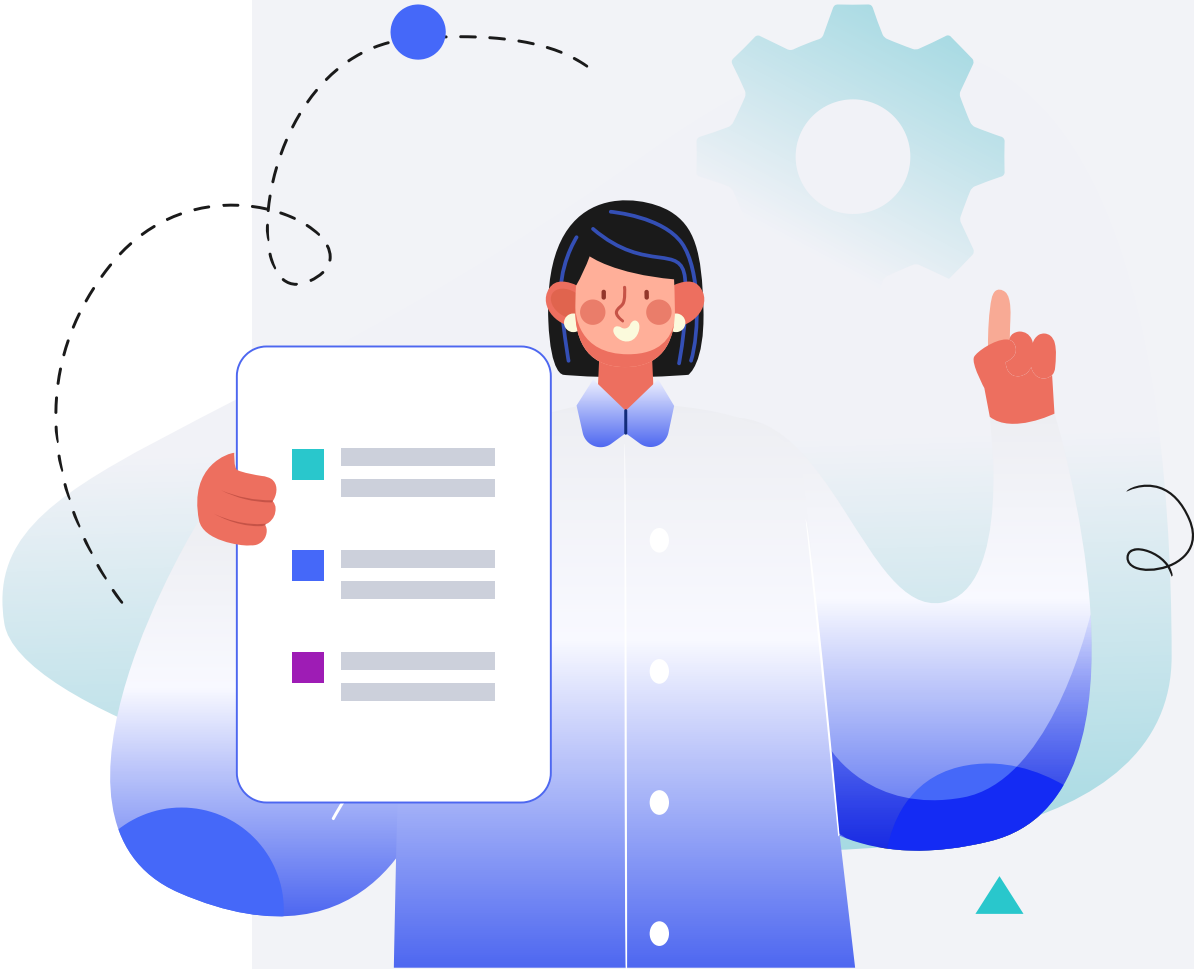
Male

HEIGHT

5ft 5" 165cm

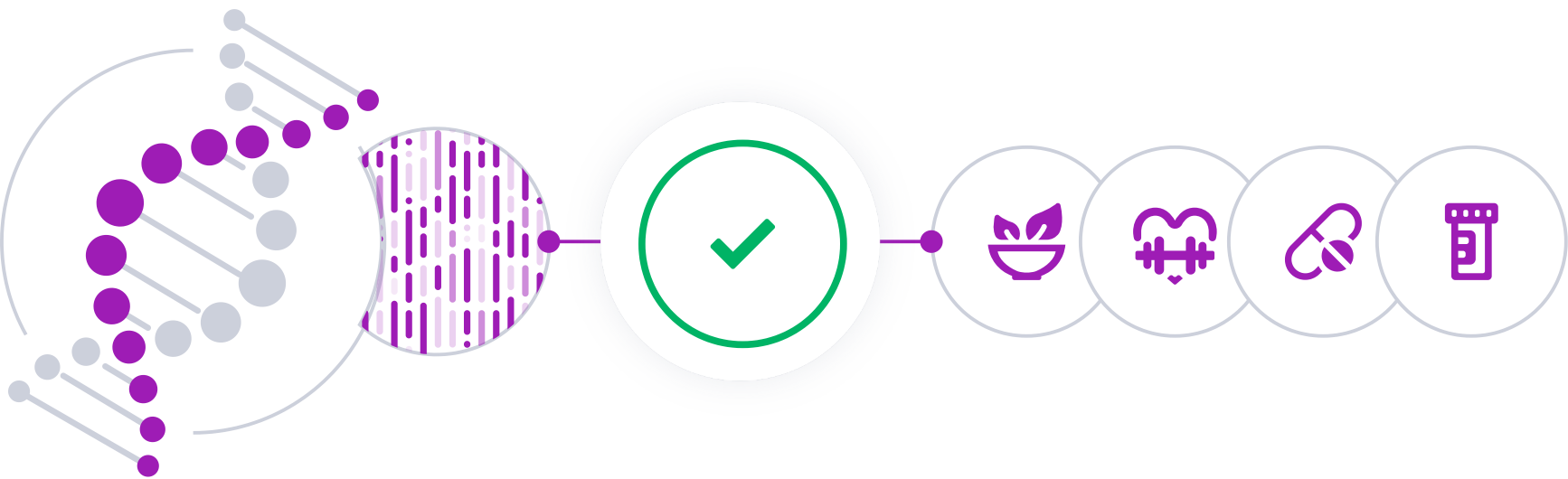
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

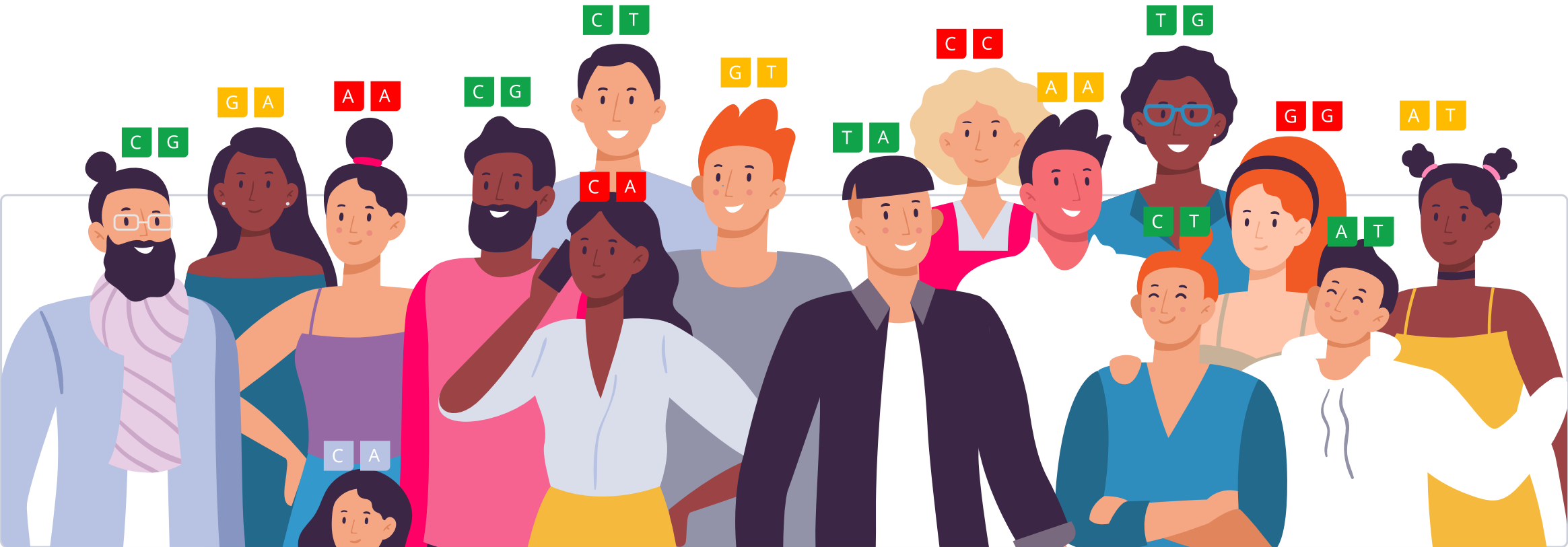


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

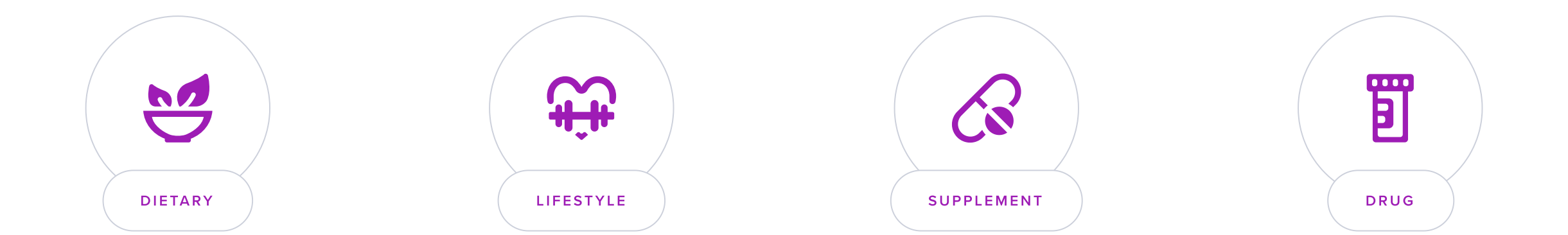
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Getting good sleep is critical for optimal health. When you sleep, your brain processes new memories. Meanwhile, your body repairs your muscles and organs [\[R\]](#).

Sleep helps:

- Support brain health [\[R\]](#), [\[R\]](#)
- Maintain a healthy weight and appetite [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Balance blood sugar [\[R\]](#), [\[R\]](#)
- Regulate blood pressure [\[R\]](#), [\[R\]](#)

The quality of your sleep can have a big impact on how much energy you have during the day. High-quality sleep will help you feel rested, while poor-quality sleep can make you feel tired or irritable [\[R\]](#), [\[R\]](#).

Ways to Improve Sleep Quality

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you likely get typical quality sleep. However, environmental and lifestyle factors may also impact your sleep.

The quality of your sleep can have a big impact on how much energy you have during the day [R, R].

Many genetic variants influence sleep [R]. However, your environment and your habits also affect sleep quality.

Some strategies that may improve sleep quality include [R]:

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet



TYPICAL

Predisposed to typical sleep quality based on 576,999 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs71365296	AA
KANSL1	rs1107820	TT
VGLL2	rs4946246	TG
RALYL	rs118149821	CC
CHRM2	rs146885652	GG
FOXO6	rs2226263	TT
/	rs184060364	GG
TENM4	rs117191802	AA
TCF21	rs13201465	AA
RALYL	rs191939331	GG
FBN2	rs115375165	GG
TJP2	rs7030480	AA
COQ8A	rs113207574	CT
PRICKLE1	rs11829548	GT
ADCY1	rs79209880	CC
CHRM2	rs74757156	CC
/	rs111921861	AA
/	rs140707667	GG
FUT9	rs142123475	CC
UFL1	rs75842709	CC
COX7C	rs2964898	CC
ERCC4	rs74321030	TT
VRK1	rs78807545	GG
/	rs147738873	CC
MSX2	rs28450080	CC
RFX4	rs11610873	GG
CDH13	rs111702115	GG
CASP3	rs7695597	AA
TNF	rs1800629	GG
NREP	rs140529718	GG
EPB41L4A	rs146128029	TT
RBMS3	rs17023449	TT

GENE	SNP	GENOTYPE
SASH1	rs112390069	GG
FAM107B	rs74122981	AA
PLK2	rs76395602	GG
RGS6	rs36032616	AA
PIGZ	rs4916588	CC
PLK2	rs170741	TT
ENC1	rs76768179	TT
ZNF626	rs6511152	CC
CD36	rs4437584	TT
LAMA2	rs11962701	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Behavioral Sleep Extension	2	Relaxation Techniques30 minutes
3	Limit Caffeine Intake	4	Psychotherapy1 hour
5	Lemborexant	6	Zaleplon
7	Aerobic Exercise (Cardio)1 hour	8	Exercise At Least One Hour a Day1 hour
9	Low-Dose Trazodone	10	Melatonin500 mcg
11	Meditation30 minutes	12	Music Therapy30 minutes
13	Yoga30 minutes	14	Progressive Muscle Relaxation10 minutes
15	Laughter Yoga30 minutes	16	Listen to Music30 minutes
17	Avoid Overeating	18	Morning Bright Light Therapy20 minutes
19	Gentle Yoga20 minutes	20	Running
21	Maintain Optimal Vitamin D Levels1000 iu	22	Valerian500 mg
23	Lavender Oil Aromatherapy2 drops	24	Biofeedback
25	Tryptophan500 mg	26	Goji Berries
27	Glycine3 g	28	Acupuncture1 hour
29	Purple Passionflower500 mg	30	Lactobacillus Gasseri10 billion CFU
31	Aromatherapy30 minutes	32	Transcendental Meditation20 minutes

33	Self-Hypnosis	20 minutes	34	Iyengar Yoga	1 hour
35	Guided Imagery	30 minutes	36	Walking	30 minutes
37	Magnesium	250 mg	38	Blue-Blocking Glasses	
39	Blue Light Therapy	30 minutes	40	Mediterranean Diet	
41	Asparagus	300 mg	42	Tomato	
43	Yogurt With Lactobacillus Bulgaricus		44	Zinc	10 mg
45	Zinc Sulfate	220 mg	46	Chamomile	300 mg
47	L-Ornithine		48	Visualization	10 minutes
49	Hatha Yoga	1 hour	50	Pilates	30 minutes
51	Brown Seaweed	500 mg	52	Lettuce	
53	Lactobacillus Delbrueckii	10 billion CFU	54	Myo-inositol	4 g
55	Ashwagandha	120 mg	56	Basil	
57	Lavender	80 mg	58	Red Light Therapy	20 minutes
59	Tart Cherries		60	Yoga Nidra	30 minutes
61	Lemon Verbena		62	EFT Tapping	20 minutes
63	Grounding (Earthing)	30 minutes	64	Whole-Body Cryotherapy	2 minutes
65	Thiamine Supplements	100 mg	66	Autogenic Training	10 minutes
67	Ashwagandha Shoden	125 mg	68	Black Cohosh	40 mg
69	Avoid PAHs Exposure		70	Binaural Beats	30 minutes
71	Avoid Arsenic Exposure		72	Yin Yoga	45 minutes

73	Lactobacillus Helveticus	10 billion CFU	74	Spirulina	500 mg
75	Dietary Magnesium		76	Restorative Yoga	30 minutes
77	Wasabi	500 mg	78	Kava	200 mg
79	Saffron	20 mg	80	Avoid Sugary Foods At Night	
81	Limit Calorie Intake		82	Kanna (Sceletium Tortuosum)	50 mg
83	Lemon Balm	500 mg	84	Applied Relaxation	30 minutes
85	Art Therapy	1 hour	86	Regular Sleep Schedule	
87	5-HTP	100 mg	88	Cognitive-Behavioral Therapy (CBT)	
89	DASH Diet		90	Acceptance and Commitment Therapy (ACT)	
91	Whole Grains		92	Tai Chi	1 hour
93	Avoid Loud Noises		94	Kiwifruit	
95	Dietary Tryptophan		96	Massage	30 minutes
97	Ginkgo	120 mg	98	Avoid Long Naps	
99	ASMR (Autonomous Sensory Meridian Response)	20 minutes	100	Red Clover	40 mg
101	Cherries		102	Sweet Violet	
103	Avoid Meals 3-4 Hours Before Bedtime		104	Breathing Techniques	10 minutes
105	Cherry Juice		106	Avoid Refined Sugar	
107	Buteyko Technique	20 minutes	108	HRV Biofeedback	10 minutes
109	Aquatic Exercise	1 hour	110	Practice Exercise Snacks	1 minutesute
111	Pyrroloquinoline Quinone (PQQ)	20 mg	112	Air Purifier	

113	Kefir		114	Avoid Large Meals	
115	Mindfulness	30 minutes	116	Almonds	
117	Mindfulness Meditation	30 minutes	118	L-Serine	500 mg
119	L-Theanine	100 mg	120	Creatine	2 g
121	Reduce Artificial Light at Night				

1



Behavioral Sleep Extension

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

To implement behavioral sleep extension, aim to increase your total sleep time by going to bed 15 to 30 minutes earlier than your usual bedtime, or by allowing yourself to sleep later in the morning. Gradually increase this time as needed to reach a target of 7 to 9 hours of sleep per night, consistently, including on weekends. Adjust your daily schedule to accommodate this change, making sleep a priority.

Description

Behavioral sleep extension involves adopting healthier sleep habits to extend the duration and improve the quality of sleep. It can lead to improved cognitive function, mood, and overall well-being by addressing sleep deficiency.

How it helps

Behavioral Sleep Extension increases the amount of sleep you get each night, which directly improves sleep quality. A better sleep quality reduces fatigue, improves mood, and enhances overall health and daily functioning.

Behavioral sleep extension interventions have shown significant benefits on sleep duration and quality. A meta-analysis of 42 studies found these interventions extend sleep by an average of 45 minutes, with direct methods having larger effects but indirect methods having more sustained effects. A systematic review of 7 studies reported an increase in sleep duration by 21-177 minutes. Another meta-analysis (13 studies) concluded that sleep extension interventions add an average of 51 minutes to total sleep time. Additionally, a meta-analysis of 17 studies found that at-home interventions improve sleep duration and quality. Another meta-analysis (22 studies) confirmed significant improvements in self-reported sleep quality due to sleep extension. For children, a meta-analysis of 45 trials revealed that sleep extension interventions increase sleep duration by 10.5 minutes, but interventions based on earlier bedtimes can extend it by 47 minutes [R, R, R, R, R, R].

2



Relaxation Techniques

IMPACT

5 / 5

EVIDENCE

4 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

This is because [cortisol](#) and other stress hormones can throw off your body’s internal clock [\[R, R, R\]](#).

Relaxation techniques that may improve sleep include [\[R, R\]](#):

- **Listening to music**, which promotes relaxation and supports good sleep habits [\[R, R\]](#)
- **Mindfulness**, which helps you be non-judgmental and aware of the present moment [\[R, R, R\]](#)
- **Yoga**, which combines breathing, stretching, and meditation [\[R, R\]](#)
- **Lavender aromatherapy**, which involves inhaling [lavender](#) essential oil [\[R, R, R\]](#)
- **Massage**, which relaxes your body and mind through pleasant physical touch [\[R, R\]](#)



PERSONALIZED TO YOUR GENES

People with your **CLOCK** gene variant may be more prone to sleep issues when they’re stressed [R, R]. Take special care to practice relaxation techniques.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
CLOCK	rs1801260	AG	



Limit Caffeine Intake



How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

How it helps

Caffeine is a well-known stimulant. It blocks [adenosine](#) and [melatonin](#), two chemicals that induce sleep. As a result, caffeine may **reduce your sleep length and quality** [R, R, R, R].

Caffeine’s effects on sleep tend to be strongest 3-6 hours before bedtime. Thus, if you plan to go to sleep at 11:00 pm, you should avoid caffeine any time after 5:00 pm [R, R, R].

Older people and those who sleep less may be more sensitive to caffeine [R, R].

4



Psychotherapy

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R, R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R, R, R, R, R, R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Psychotherapy (talk therapy) may help you fall asleep faster. It may also improve the quality of your sleep [\[R, R, R\]](#).

Cognitive-behavioral therapy (CBT) is the best type of talk therapy for sleep issues. During CBT, a therapist helps you change the way you think about sleep and improve your sleep habits [\[R, R, R, R\]](#).

5



Lemborexant

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Lemborexant is typically taken once a day, just before bedtime, with or without food. The usual recommended dose for adults is 5 mg, but it can be adjusted based on individual needs and the prescribing doctor's advice. It's important to take it only when you can get a full night's sleep (7 or more hours) to reduce the risk of drowsiness the next day. The dose may be increased to 10 mg if needed, but it should not exceed this amount. Always follow your healthcare provider's instructions and never take more than the prescribed dose. Additionally, avoid alcohol and other sedatives while taking lemborexant to reduce the risk of side effects.

Description

Lemborexant is a prescription medication used to treat insomnia, specifically for people who have difficulty falling asleep or staying asleep.

It is a dual orexin receptor antagonist (DORA) that works by blocking the action of orexin, a neurotransmitter involved in regulating wakefulness. By doing so, it helps promote sleep by making it easier to fall asleep and stay asleep throughout the night.

It is commonly prescribed for short-term or long-term use in adults and has been shown to improve sleep quality and reduce the time it takes to fall asleep.

How it helps

In people with insomnia, lemborexant (5-10 mg/day) may improve total sleep time, sleep onset latency, sleep efficiency, and awake time after sleep onset without causing major adverse effects. Lemborexant may be more effective than other drugs. However, it may also increase the risk of drowsiness [\[R, R, R, R, R, R, R, R\]](#).

6



Zaleplon

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Zaleplon is usually taken once a day, right before bedtime, to help with falling asleep. The typical dose for adults is 10 mg, though a lower dose of 5 mg may be prescribed for those who are sensitive to medications or have liver issues. It is important to take zaleplon only when you can get a full night's sleep (7 or more hours) to reduce the risk of daytime drowsiness. Zaleplon should be taken on an empty stomach for the quickest effect, and it should not be taken with alcohol or other sedatives. Always follow your healthcare provider's instructions and never take more than the prescribed dose.

Description

Zaleplon is a medication primarily used to treat short-term insomnia, particularly for individuals who have difficulty falling asleep. It belongs to a class of drugs called hypnotics or sedative-hypnotics and works by enhancing the effects of the sedative neurotransmitter gamma-aminobutyric acid (GABA) in the brain.

Zaleplon is fast-acting, helping users fall asleep quickly, and has a relatively short half-life, meaning it doesn't stay in the system long and reduces the risk of daytime drowsiness. It is typically prescribed for short-term use due to its potential for dependence and should be taken under the guidance of a healthcare provider.

How it helps

In people with insomnia, zaleplon may improve total sleep time, sleep onset latency, and sleep quality. Zaleplon may also be better tolerated and produce fewer adverse effects than other drugs. However, lemborexant may be more effective [\[R, R, R, R, R, R\]](#).

7



Aerobic Exercise (Cardio)

IMPACT4 / 5

EVIDENCE3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

[Exercise](#) (including cardio) tires you out and makes it easier for you to fall asleep at night and get good-quality sleep. People who are active during the day also tend to feel more rested when they wake up [\[R, R, R\]](#).

Exercise may help with sleep by [\[R, R, R, R\]](#):

- Regulating the internal clock
- Reducing [anxiety](#)
- Improving [mood](#)
- Reducing inflammation

Just one session of exercise may improve sleep the following night. In the long run, **4-6 months of cardio** may improve overall sleep quality [\[R, R, R, R, R, R\]](#).

8



Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

[Exercise](#) tires you out and makes it easier for you to fall asleep at night and get good-quality sleep. People who are active during the day also tend to feel more rested when they wake up [\[R, R, R\]](#).

Exercise may help with sleep by [\[R, R, R, R\]](#):

- Regulating the internal clock
- Reducing [anxiety](#)
- Improving [mood](#)
- Reducing inflammation

Just one session of exercise may improve sleep the following night. In the long run, **4-6 months of cardio** may improve overall sleep quality [\[R, R, R, R, R, R\]](#).

You can even exercise and practice relaxation techniques at the same time. A Chinese martial art called ***tai chi*** combines exercise and meditation. It may improve sleep quality and fatigue [\[R, R, R, R\]](#).

9



Low-Dose Trazodone

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Low-dose trazodone is typically taken once a day, usually before bedtime, to help with sleep. The common starting dose ranges from 25 to 100 mg, depending on individual needs and the prescribing doctor's recommendations. It is important to take trazodone exactly as prescribed, without exceeding the recommended dose, to minimize potential side effects. It can be taken with or without food, but taking it with food may reduce the likelihood of stomach upset. Always follow your healthcare provider's instructions and allow for a full night's sleep (7 or more hours) after taking trazodone to avoid next-day drowsiness.

Description

Trazodone is a medication commonly used off-label to treat insomnia, anxiety, and depression at lower doses compared to its typical use for depression.

Trazodone is a serotonin antagonist and reuptake inhibitor (SARI) that works by affecting the balance of serotonin in the brain, helping to promote relaxation and sleep.

At lower doses, typically ranging from 25 to 100 mg, trazodone is often prescribed to improve sleep quality and reduce the time it takes to fall asleep, with fewer side effects than other sleep medications.

How it helps

In people with insomnia, low-dose trazodone may extend total sleep time (but not perceived sleep duration), sleep quality, and continuity but has minor effects on sleep latency, efficiency, and daytime impairment. However, trazodone is associated with adverse effects and lower tolerability than other drugs [\[R, R, R, R, R\]](#).

10



Melatonin

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

Your brain produces melatonin when it’s dark. **This hormone tells your body that it’s time to go to sleep** [\[R, R\]](#).

People with insomnia may not produce enough melatonin for a healthy sleep cycle [\[R\]](#).

Melatonin supplements may help you fall asleep, get better-quality sleep, and stay asleep for longer [\[R, R, R, R\]](#).

In healthy people, melatonin levels spike about two hours before sleep. Thus, the best time to take melatonin supplements is about two hours before bedtime [\[R, R, R, R, R, R\]](#).

Please note: *Melatonin may interact with medications. Avoid melatonin if you are taking blood thinners, seizure medications, blood pressure drugs, diabetes medications, or immunosuppressants. Consult your doctor before taking melatonin* [\[R\]](#).

11



Meditation

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

This is because [cortisol](#) and other stress hormones can throw off your body’s internal clock [\[R\]](#), [\[R\]](#), [\[R\]](#).

Relaxation techniques that may improve sleep include [\[R\]](#), [\[R\]](#):

- **Listening to music**, which promotes relaxation and supports good sleep habits [\[R\]](#), [\[R\]](#)
- **Mindfulness**, which helps you be non-judgmental and aware of the present moment [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Yoga**, which combines breathing, stretching, and meditation [\[R\]](#), [\[R\]](#)
- **Lavender aromatherapy**, which involves inhaling [lavender](#) essential oil [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Massage**, which relaxes your body and mind through pleasant physical touch [\[R\]](#), [\[R\]](#)

12

Music Therapy

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE

30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R\]](#), [\[R\]](#).

How it helps

Music-based interventions may improve sleep quality and promote relaxation when delivered for over 3 weeks [\[R\]](#), [\[R\]](#).

A meta-analysis of 6 studies identified listening to music among the interventions improving sleep quality in pregnant women [\[R\]](#).

According to 3 meta-analyses, music therapy may improve sleep quality in older adults too [\[R\]](#), [\[R\]](#), [\[R\]](#).

Music therapy may also improve sleep quality in people with:

- Critical conditions [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#), [\[R\]](#)
- Hypertension [\[R\]](#)
- COPD [\[R\]](#)
- CKD [\[R\]](#)
- Cancer [\[R\]](#)

Music may help by reducing stress and promoting relaxation.

13



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Stress often makes it difficult to sleep [\[R, R, R, R\]](#).

This is because [cortisol](#) and other stress hormones can throw off your body’s internal clock [\[R, R, R\]](#).

Yoga, which combines breathing, stretching, and meditation, is among the relaxation techniques that may help improve sleep quality [\[R, R\]](#).

14



Progressive Muscle Relaxation

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

A meta-analysis of 4 studies and 224 patients found that progressive muscle relaxation improves sleep quality in patients with COVID-19. Another meta-analysis (11 trials). Another meta-analysis (11 trials) found that progressive muscle relaxation improves sleep quality, duration, and latency in perinatal women better than current existing antenatal care [R](#), [R](#)].

Progressive muscle relaxation also improved sleep quality in several trials on 52 pregnant women with RLS, 72 patients with rheumatoid arthritis, 120 patients undergoing coronary artery bypass graft surgery, 70 patients with epilepsy, 66 chronic psychiatric patients, 80 burn patients, 26 patients who underwent pulmonary resection, 91 patients with COPD, and 152 patients with obstructive sleep apnea [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#)].

Progressive muscle relaxation may help by alleviating stress and anxiety, two factors affecting sleep quality.

15

Laughter Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Attend a laughter yoga session for at least 30 minutes, three times a week. These sessions can be found in local community centers or online classes tailored for various ages and physical abilities.

TYPICAL STARTING DOSE

30 minutes

Description

Laughter yoga combines laughter exercises and deep breathing to promote mental and emotional well-being. It is believed to reduce stress, improve mood, and boost overall mental health.

How it helps

Practicing laughter yoga (2x/week for 4 weeks) improved sleep quality and well-being in 2 non-placebo-controlled trials of 191 stressed nurses [\[R, R\]](#).

Laughter yoga releases endorphins, our body's natural stress-relievers, and reduces levels of cortisol, a hormone that's linked to stress and insomnia. This results in relaxation, better mood, and improved sleep quality.

16



Listen to Music

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE

30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

This is because [cortisol](#) and other stress hormones can throw off your body’s internal clock [\[R, R, R\]](#).

Relaxation techniques that may improve sleep include [\[R, R\]](#):

- **Listening to music**, which promotes relaxation and supports good sleep habits [\[R, R\]](#)
- **Mindfulness**, which helps you be non-judgmental and aware of the present moment [\[R, R, R\]](#)
- **Yoga**, which combines breathing, stretching, and meditation [\[R, R\]](#)
- **Lavender aromatherapy**, which involves inhaling [lavender](#) essential oil [\[R, R, R\]](#)
- **Massage**, which relaxes your body and mind through pleasant physical touch [\[R, R\]](#)

17



Avoid Overeating

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Consume meals slowly, taking time to chew your food thoroughly and pausing between bites to allow your body to signal when it is full. Aim to stop eating when you feel about 80% full rather than waiting until you feel uncomfortably full. Implement this practice at every meal and snack, making it a consistent part of your daily eating habits.

Description

People who overeat take in more food than their body needs. Overeating may contribute to obesity and diabetes, as well as digestive and sleep problems.

People who overeat take in more food than their body needs.

Overeating may contribute to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Obesity
- Diabetes
- Digestive problems
- Sleep problems

How it helps

A high-calorie diet may **make you more likely to get poor-quality sleep** [\[R\]](#), [\[R\]](#).

In particular, eating large meals at night may disrupt your internal clock and reduce your sleep quality. This is because **large meals can cause discomfort and promote heartburn, making it harder to sleep** [\[R\]](#), [\[R\]](#), [\[R\]](#).

18



Morning Bright Light Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Expose yourself to a light therapy box, which mimics natural sunlight, for about 20-30 minutes each morning within the first hour of waking up. It's important to do this daily, especially during months with less natural sunlight, to help manage symptoms of Seasonal Affective Disorder (SAD) or other conditions influenced by light exposure.

TYPICAL STARTING DOSE

20 minutes

Description

Bright light therapy, often used to treat conditions like seasonal affective disorder (SAD) and certain sleep disorders, involves exposure to specific wavelengths of light. It can help regulate sleep patterns, improve mood, and alleviate symptoms associated with mood disorders.

Bright light therapy involves exposing people to artificial indoor light via a “light box.” This box is often placed nearby for 30 minutes each morning. A light therapy box should [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Provide 10,000 lux of light
- Filter out UV light

Light therapy may improve mood and help with certain mental health conditions [\[R\]](#), [\[R\]](#).

How it helps

Light therapy helps regulate your body's internal "biological clock", which controls when you sleep and wake up, which improves your sleep quality. It works by exposing you to bright light, helping reset the circadian rhythm, especially if you have trouble falling or staying asleep.

A crossover study examined the impact of two white light conditions (bright 4000K at 1200lx or dim 4000K at 5lx) at varying room temperatures (26°C, 29°C, and 32°C). Morning bright light exposure reduced cortisol, body temperature, and skin temperature while increasing alertness, regardless of room temperature [\[R\]](#).

A study involving 14 dementia patients and 10 elderly controls found that four weeks of morning light therapy improved sleep and behavior disorders in dementia patients, increasing total and nocturnal sleep time while reducing daytime sleep [\[R\]](#).

Thirty-three Veterans with a history of TBI were prospectively enrolled in a single-arm, open-label intervention using a lightbox (~10,000 lux at the eye) for 60 minutes every morning for 4 weeks. Post-intervention improvements were observed in self-reported symptoms related to insomnia, mood, and pain; actigraphy-derived measures of sleep [\[R\]](#).

A study on 10 healthy elderly women found that exposure to 8000 lux morning bright light improved sleep quality by reducing nighttime activity levels, without affecting daytime activity [\[R\]](#).

A study with 30 participants having sleep issues found that those exposed to 1 hour of bright light (10,000 lux) improved sleep efficiency and reduced sleep latency compared to those exposed to dim light (<300 lux) over two weeks [\[R\]](#).

However, in a study with 54 older caregiver/care recipient pairs, bright light phototherapy for memory-impaired care recipients led to decreased sleep duration, but no change in perceived insomnia. Caregivers experienced improved sleep quality and reduced depressive symptoms. [\[R\]](#).

19



Gentle Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

20 minutes

Description

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

Gentle yoga is practiced at a slower pace, with less intense positions, and usually including more time for meditation, breathing, and relaxation. It's a great choice for people who feel they are not fit or flexible enough to do all yoga poses, as well as for those with injuries, pain, impaired mobility, or health issues.

How it helps

Stress often makes it difficult to sleep [\[R, R, R, R\]](#).

This is because [cortisol](#) and other stress hormones can throw off your body's internal clock [\[R, R, R\]](#).

Practicing **yoga**, which combines breathing, stretching, and meditation, may help increase sleep duration [\[R, R\]](#).

For instance, a gentle yoga program improved sleep quality in a trial of 13 women with osteoarthritis [\[R\]](#).

20



Running

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

To implement running into your routine, start with shorter distances and gradually increase as your endurance improves. Aim for 3 to 5 sessions per week, each lasting 20 to 30 minutes. Wear appropriate running shoes to prevent injuries and choose varied routes to keep the activity engaging. Incorporate warm-up exercises before running and cool down with stretches afterward to enhance flexibility and recovery.

Description

Running is a versatile and accessible form of aerobic exercise that improves cardiovascular health, strengthens muscles, and enhances mental well-being. It requires minimal equipment, can be done almost anywhere, and is effective for weight management. Regular running can increase endurance, reduce stress, and boost overall physical fitness, making it a popular choice for maintaining an active lifestyle.

How it helps

Exercise tires you out and makes it easier for you to fall asleep at night and get good-quality sleep. People who are active during the day also tend to feel more rested when they wake up [\[R, R, R\]](#).

Exercise may help with sleep by [\[R, R, R, R\]](#):

- Regulating the internal clock
- Reducing [anxiety](#)
- Improving [mood](#)
- Reducing inflammation

Just one session of exercise may improve sleep the following night. In the long run, **4-6 months of cardio** may improve overall sleep quality [\[R, R, R, R, R, R\]](#).

You can even exercise and practice relaxation techniques at the same time. A Chinese martial art called ***tai chi*** combines exercise and meditation. It may improve sleep quality and fatigue [\[R, R, R, R\]](#).

21



Maintain Optimal Vitamin D Levels

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

A meta-analysis of 19 studies showed improved sleep quality and a significant decrease in the Pittsburgh Sleep Quality Index with vitamin D supplementation [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

22



Valerian

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 500 mg of valerian supplement about 30 minutes to an hour before bedtime to help improve sleep quality. Do this daily for best results.

TYPICAL STARTING DOSE

500 mg

Description

Valerian is an herbal supplement made from the roots of the Valeriana officinalis plant. It is commonly used as a natural remedy for sleep disorders and anxiety due to its potential to induce relaxation and improve sleep quality.

[Valerian root](#) is a medicinal herb with relaxing properties. People use it to improve [\[R, R, R, R, R\]](#):

- Sleep
- Seizures
- Anxiety
- Headaches

Compounds in valerian help [\[R, R, R, R, R, R\]](#):

- Reduce stress
- Suppress inflammation
- Relax muscles

How it helps

Valerian may improve sleep by calming your mind. It does so by boosting a brain chemical called [GABA](#) [\[R, R, R, R, R, R\]](#).

Supplementing with valerian root for **2-4 weeks** may promote natural sleep and improve its quality. Studied doses include [\[R, R, R, R\]](#):

- **Valerian root extract:** 300-600 mg
- **Dried valerian root:** 2-3 g in hot water

Some herbal products combine valerian with [hops](#), [lemon balm](#), or [passionflower](#). **These products may be better at improving sleep quality than valerian alone** [\[R, R, R, R, R, R\]](#).

Please note: Avoid valerian if you are taking sedatives or St. John’s wort, or if you drink alcohol. Combining valerian with these substances may lead to excessive drowsiness. Always consult your doctor before taking valerian supplements [\[R, R\]](#).

23



Lavender Oil Aromatherapy

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Place 2-3 drops of lavender essential oil in a diffuser filled with water. Use the diffuser in your bedroom or workspace for 30-60 minutes, especially before bedtime or during periods of stress.

TYPICAL STARTING DOSE

2 drops

Description

Lavender oil aromatherapy involves inhaling the soothing scent of lavender essential oil. It is used to promote relaxation, reduce anxiety, and improve overall mental well-being.

How it helps

In a meta-analysis of 8 studies and 493 participants, significant differences were found between the aromatherapy and control group in menopausal symptoms and sleep quality scores [\[R\]](#).

In a study involving students with self-reported sleep issues, both groups practiced good sleep hygiene and wore chest inhalation patches for five nights. One group had lavender essential oil (55 µl) patches, while the other had blank patches. Both lavender and sleep hygiene improved sleep quality [\[R\]](#).

In a study involving 68 palliative care patients, lavender aromatherapy had no impact on vital signs but was an effective and dependable method for improving their sleep quality [\[R\]](#).

A single-blind randomized study involving 15 healthy Japanese students found that nighttime exposure to lavender aroma relieved sleepiness upon awakening, indicating its potential effectiveness in improving sleep quality [\[R\]](#).

In a pilot study of 50 patients, the treatment group had lavender oil by their bedside from 10 PM to 6 AM. While their mean sleep score was higher (48.25) than the control group (40.10), the difference wasn't statistically significant [\[R\]](#).

Aromatherapy with lavender oil can help improve sleep quality because its scent can cast a calming and sedating effect.

24



Biofeedback

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback may help people relax their bodies and minds before bedtime. This may make it easier to fall asleep and improve sleep quality and duration [\[R\]](#), [\[R\]](#).

Note that the evidence to support biofeedback for sleep troubles isn't strong [\[R\]](#), [\[R\]](#).

25



Tryptophan

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 500 mg of tryptophan supplement daily. This dosage can be taken all at once, preferably before bedtime to support sleep, or as directed by a healthcare professional.

TYPICAL STARTING DOSE

500 mg

Description

Tryptophan is an essential amino acid found in various protein-rich foods. It serves as a precursor for serotonin, a neurotransmitter that plays a role in mood regulation. Tryptophan is used in dietary supplements to potentially support mood and sleep disorders, although its effectiveness can vary among individuals.

[Tryptophan](#) is an amino acid. Your body uses it to make proteins and some hormones. **Humans can’t make tryptophan, so we need to get it from protein-rich foods** [\[R, R\]](#).

Your body uses tryptophan to make [serotonin](#) and [melatonin](#). **These brain chemicals are important for mood and sleep** [\[R, R\]](#).

An average adult needs at least **250-425 mg** of tryptophan per day, which is the amount you can get from [\[R\]](#):

- A pound of turkey or chicken
- Two cups of milk
- An ounce of canned tuna
- Two cups of oatmeal

Other foods high in tryptophan include **cheddar cheese, peanuts, pumpkin seeds, and seafood**. Most people get enough tryptophan from their diets, but supplements are also available [\[R, R\]](#).

How it helps

Tryptophan helps build melatonin, a sleep hormone [\[R\]](#).

Supplementing with tryptophan (1-5 g/day for up to 4 weeks) may help you fall asleep [\[R, R, R, R, R, R, R, R, R, R, R\]](#).

Eating foods that supply 250 mg/day of tryptophan may also make it easier to sleep [\[R, R\]](#).

Note that most studies related to tryptophan and sleep are of low quality.

26



Goji Berries

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate goji berries into your daily diet by adding a handful (about 1 ounce or 28 grams) to your morning cereal, yogurt, or smoothie. You can also snack on dried goji berries throughout the day. Aim to include them in your diet consistently for at least a month to observe potential health benefits.

Description

Goji berries are a nutritious fruit known for their high antioxidant content. They may support immune health, provide essential nutrients, and be incorporated into a healthy diet as a snack or ingredient.

How it helps

Goji berries are rich in antioxidants, such as melatonin, that may improve sleep quality. Regular consumption can support your natural sleep cycle and reduce sleep disturbances.

A meta-analysis of 4 trials and 160 participants concluded that consuming goji berry juice (120 mL/day) improves stress, weakness, fatigue, depression, calmness, mental acuity, ease of awakening, shortness of breath, focus on activity, sleep quality, daydreaming, and overall feelings of health and well-being [\[R\]](#).

27



Glycine

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 3 to 5 grams of glycine supplement per day with water, preferably before bedtime for sleep improvement or spread throughout the day for general health benefits. Continue indefinitely as needed, but consult a healthcare provider for long-term use beyond three months.

TYPICAL STARTING DOSE

3 g

Description

Glycine is an amino acid that may have calming and anti-inflammatory effects, potentially benefiting sleep quality and joint health.

If you can't get enough glycine from food sources, glycine supplements are available. Daily doses of up to **6 g** have been safely used for up to **4 weeks**. Consult your doctor before supplementing.

How it helps

This amino acid may improve sleep quality by lowering body temperature at bedtime, facilitating the onset of sleep. Glycine also influences serotonin levels, which can contribute to more restful and deeper sleep.

Taking [glycine](#) (3 g) 1 hour before bedtime **increased sleep quality and efficacy while improving mental functioning the morning after** without changing sleep architecture in [2 placebo-controlled trials of 30 healthy volunteers](#) [\[R, R\]](#).

The same dose also **improved morning-after fatigue and sleepiness** in a [placebo-controlled trial of 10 healthy sleep-deprived men](#) [\[R\]](#).

28



Acupuncture

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may help people sleep better and longer [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Acupuncture may help you sleep by [\[R\]](#), [\[R\]](#):

- Balancing your heart rate and metabolism
- Slowing down brain activity
- Boosting mind-calming brain chemicals
- Decreasing brain chemicals that make you feel nervous and alert

Please note: *Acupuncture is generally safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

29



Purple Passionflower

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 500 mg supplement of purple passionflower daily, preferably at the same time each day. It can be consumed with or without food according to your preference.

TYPICAL STARTING DOSE
500 mg

Description

Purple passionflower is a flowering plant native to the Americas, often used in traditional herbal medicine for its potential calming and anxiety-reducing effects due to its alkaloid and flavonoid content. It may promote relaxation and better sleep when consumed as an herbal remedy or dietary supplement.

[Purple passionflower](#) (*Passiflora incarnata*) is a flowering vine used in traditional medicine [\[R\]](#).

This plant is rich in compounds that relax the mind. **It may help with sleep problems and anxiety** [\[R, R, R\]](#).

How it helps

Purple passionflower extract (60 mg for 2 weeks) may support sleep. **It may help by boosting** [GABA](#), a brain chemical that helps calm the mind [\[R, R, R\]](#).

Some studies looked at this flower in combination with other calming herbs, such as [valerian](#) and [hops](#). **This makes it hard to say how much purple passionflower actually improves sleep quality** [\[R\]](#).

Please note: *Purple passionflower is not safe for pregnant women. It can also interact with drugs for anxiety and depression. Make sure to consult your doctor before taking purple passionflower* [\[R, R, R, R\]](#).

30



Lactobacillus Gasseri

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus Gasseri is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

A meta-analysis of 7 studies concluded that supplementation with *L. gasseri* CP2305 improves sleep quality in adults with mild to moderate stress [R].

L. gasseri may improve gut health, which may indirectly influence sleep quality, contributing to better rest.

31



Aromatherapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

In a meta-analysis of 8 studies and 493 participants, significant differences were found between the aromatherapy and control group in menopausal symptoms and sleep quality scores [\[R\]](#).

In a study involving students with self-reported sleep issues, both groups practiced good sleep hygiene and wore chest inhalation patches for five nights. One group had lavender essential oil (55 µl) patches, while the other had blank patches. Both lavender and sleep hygiene improved sleep quality [\[R\]](#).

In a study involving 68 palliative care patients, lavender aromatherapy had no impact on vital signs but was an effective and dependable method for improving their sleep quality [\[R\]](#).

A single-blind randomized study involving 15 healthy Japanese students found that nighttime exposure to lavender aroma relieved sleepiness upon awakening, indicating its potential effectiveness in improving sleep quality [\[R\]](#).

In a pilot study of 50 patients, the treatment group had lavender oil by their bedside from 10 PM to 6 AM. While their mean sleep score was higher (48.25) than the control group (40.10), the difference wasn't statistically significant [\[R\]](#).

Aromatherapy may help by stimulating brain chemicals, like serotonin, that aid relaxation and promote sleep. Certain scents like lavender are particularly renowned for their sleep-inducing properties.

32



Transcendental Meditation

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice transcendental meditation for 20 minutes twice a day, once in the morning before breakfast and once in the afternoon or early evening. Sit comfortably in a quiet place, close your eyes, and silently repeat a mantra given to you by a certified transcendental meditation teacher.

TYPICAL STARTING DOSE

20 minutes

Description

Transcendental Meditation is a technique for mindfulness and stress reduction that involves silently repeating a specific mantra to attain a state of deep relaxation and heightened awareness. It is associated with reduced stress, improved focus, and enhanced overall well-being.

How it helps

Transcendental Meditation creates deep relaxation in the body, reducing stress hormones and promoting a restful, quality sleep. By regulating the nervous system, it stabilizes your internal biological clock, helping you maintain a consistent sleep schedule.

In a non-placebo-controlled trial of 40 veterans with PTSD, performing 16 transcendental meditation sessions (60 min/session) over 12 weeks reduced sleep difficulties. In a non-placebo-controlled trial of 80 healthcare workers, practicing transcendental meditation (20 min/session) 2x/day for 3 months failed to improve acute psychological distress but significantly improved insomnia. In a non-placebo-controlled trial of 181 male prison inmates, participating in a 4-month transcendental meditation program reduced sleep disturbances [\[R, R, R\]](#).

33



Self-Hypnosis

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice self-hypnosis for 20-30 minutes daily. Find a quiet, comfortable place where you won't be disturbed. Close your eyes, take deep breaths, and focus on positive affirmations or imagery that addresses your specific needs, such as reducing stress or pain management.

TYPICAL STARTING DOSE

20 minutes

Description

Self-hypnosis involves using relaxation techniques and focused attention to enter a state of heightened suggestibility, often for the purpose of self-improvement or managing certain conditions like stress or pain.

How it helps

In a non-placebo-controlled trial of 100 veterans with chronic low back pain, self-hypnosis (2 or 8 sessions) improved sleep quality [\[R\]](#).

In a non-placebo-controlled trial of 17 patients with chronic low back pain, receiving 8 self-hypnosis sessions reduced sleep onset time [\[R\]](#).

In a non-placebo-controlled trial of 37 patients with sickle cell disease, following a self-hypnosis program for 18 months reduced bad sleep nights [\[R\]](#).

In a non-placebo-controlled trial of 90 menopausal women, a self-hypnosis program reduced poor sleep quality and increased the number of minutes slept [\[R\]](#).

Self-hypnosis may instruct your subconscious mind to alter negative patterns, like sleep disturbances, by promoting relaxation and releasing anxiety. Consequently, it aids in improving overall sleep quality.

34



Iyengar Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Attend a 90-minute Iyengar yoga class at least once a week. Choose a class led by a certified Iyengar yoga instructor to ensure proper guidance and technique adherence.

TYPICAL STARTING DOSE

1 hour

Description

Iyengar yoga is a style of yoga that emphasizes proper alignment and the use of props to support poses. It can help improve flexibility, balance, and mental well-being through precise and controlled movements.

How it helps

An 8-week Iyengar program with two 90-min yoga classes and five 30-min home sessions per week reduced stress while increasing sleep quality in a non-placebo-controlled trial of 42 older adults [\[R\]](#)

Iyengar yoga may help by reducing stress and calming the mind, leading to deeper relaxation. Additionally, the physical postures may help to alleviate physical discomfort that might be interrupting your sleep.

35



Guided Imagery

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R\]](#), [\[R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

Two trials found guided imagery effective at improving sleep quality after surgery or in hemodialysis patients [\[R\]](#), [\[R\]](#).

Guided imagery may also improve sleep quality in ICU patients [\[R\]](#).

Guided imagery can help the mind focus away from stressors or anxiety-inducing thoughts, aiding in the process of falling asleep.

36

Walking

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking helps increase the body's exposure to natural light, assisting in resetting the body's sleep-wake cycle. Additionally, walks aid in stress reduction and body fatigue, elements that promote a longer, deeper sleep.

Two studies found walking exercise significantly improved sleep in cancer patients. The first meta-analysis of 9 trials involving 599 patients showed consistent benefits regardless of cancer stage or type. A second review of 25 trials with 1918 participants, mainly breast cancer patients, favored walking over yoga for sleep improvement. Moderate-intensity walking is recommended for cancer patients with sleep disturbances [\[R\]](#), [\[R\]](#).

37



Magnesium

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

250 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium may boost [melatonin](#), a hormone that supports sleep. **It may also suppress [cortisol](#)**, a stress hormone that can throw off your body’s internal clock [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Supplementing with **magnesium (320-500 mg/day for 5-8 weeks)** may improve sleep quality. It may also work well in combination with melatonin and [zinc](#) [\[R\]](#), [\[R\]](#), [\[R\]](#).

38



Blue-Blocking Glasses

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Wear blue-blocking glasses starting two to three hours before bedtime every night to help improve sleep quality by reducing blue light exposure from screens and indoor lighting.

Description

Blue-blocking sunglasses help reduce exposure to blue light emitted by screens and artificial lighting, potentially improving sleep quality and reducing eye strain. Wearing them in the evening can promote better circadian rhythm regulation and overall eye comfort.

How it helps

Blue-blocking glasses can help enhance sleep quality by filtering out blue light from screens, which can disrupt your natural sleep cycle, known as circadian rhythm. By reducing your exposure to blue light in the evening, these glasses can help you fall asleep easier and get a better quality of sleep.

A review of multiple studies found that using color-tinted lenses like orange or amber before sleep can improve sleep efficiency and total sleep time, especially benefiting individuals with insomnia, bipolar disorder, delayed sleep phase syndrome, or ADHD, although the evidence is mixed. Blue-light-blocking glasses have been shown to reduce anxiety and improve subjective sleep time in insomnia patients. Amber-lens glasses improved sleep onset latency and quality for athletes but showed no objective changes. Amber lenses also improved sleep quality, mood, and positive effect in volunteers. However, blue-blocking glasses had varying effects on sleep in individuals with different conditions, and limited consistent evidence supports their widespread use [\[R, R, R, R, R, R, R, R, R, R, R\]](#).

39



Blue Light Therapy

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

To utilize blue light therapy, expose your skin or eyes to a blue light therapy device for about 15 to 30 minutes daily. This can be done at home using a personal device or under professional supervision, depending on the condition being treated. Consistency is key, so incorporating it into your daily routine, such as during morning or evening skin care, is recommended.

TYPICAL STARTING DOSE
30 minutes

Description

Blue light therapy is used to treat various conditions, including seasonal affective disorder (SAD) and acne. It involves exposure to specific wavelengths of blue light, which can have mood-regulating and skin-improving effects when administered correctly.

How it helps

Exposure to blue light during the day can help regulate the body's circadian rhythm, helping to improve sleep patterns at night.

In a study with 61 participants, exposure to blue light for 10 minutes on workday mornings showed significant improvements in sleepiness, night sleep, and fatigue compared to non-exposure periods [\[R\]](#).

Adults (18-45) with mild traumatic brain injury (n=35) received 6 weeks of daily 30-minute morning blue light therapy vs. placebo amber light therapy. The blue light therapy group showed significant improvements in sleepiness, depression, concussion symptoms, somatic symptoms, wake-after-sleep onset, total sleep time, and sleep-related functional outcomes compared to the amber light therapy group [\[R\]](#).

40



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

People who follow the Mediterranean diet may get better-quality sleep and sleep for longer than those who follow a Western diet. Insomnia also tends to be less common in people who follow the Mediterranean diet [\[R\]](#).

This diet may reduce inflammation in brain cells. Inflammation may make it harder for you to fall asleep [\[R\]](#).

41



Asparagus

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a standardized asparagus extract supplement, typically available in capsules or tablets, in doses of 300-500 mg per day. It is best taken with meals to maximize absorption and minimize potential digestive discomfort. Continue this regimen daily as part of your supplement routine.

TYPICAL STARTING DOSE

300 mg

Description

Asparagus is a low calorie source of nutrients, including folate, fiber, and vitamins A, C and K. A serving of four asparagus spears provides 89 mcg of folate or 22%DV.

How it helps

Asparagus, rich in vitamins and minerals, boosts melatonin production, a hormone that regulates sleep. Its high folate content also aids in serotonin production, a mood-stabilizing neurotransmitter that contributes to good sleep.

In 2 placebo-controlled trials of 43 healthy volunteers, consuming enzyme-treated asparagus extract (150 mg/day) for 28 days reduced dysphoria and fatigue, improved sleep quality, enhanced stress-load performance, prevented serum and salivary cortisol elevation, and increased salivary sIgA levels [\[R\]](#), [\[R\]](#).

Asparagus extract may help by increasing the levels of the stress-related protein HSP70, as seen in an uncontrolled trial of healthy volunteers consuming up to 150 mg/day [\[R\]](#).

42



Tomato

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomato is an important source of [\[R\]](#):

- [Vitamin C](#)
- Potassium
- Antioxidants (e.g., [lycopene](#))
- Vitamin B9 ([folate](#))

Tomato is traditionally used for [\[R\]](#), [\[R\]](#):

- High cholesterol
- High blood pressure

How it helps

Tomatoes contain a nutrient called lycopene which is a powerful antioxidant believed to improve the quality of sleep. Therefore, consuming tomatoes can potentially help regulate your sleep cycle and positively affect your sleep quality.

In a [placebo-controlled trial of 70 patients with primary insomnia](#), consuming tomato capsules every night for 2 weeks **improved insomnia severity and sleep quality** [\[R\]](#).

In an [uncontrolled trial of 36 obese postmenopausal women](#), eating beefsteak tomatoes (250 g) 2 h before sleep for 8 weeks **improved sleep quality and increased circulating melatonin (measured as aMT6s levels)** [\[R\]](#).

How to implement

Description

How it helps

961 women were randomly allocated to either the yogurt group or the control group. Participants in the yogurt group drank 112 mL of OLL1073R-1 yogurt for 16 weeks, while those in the control group did not consume any yogurt. Consumption of yogurt fermented with *Lactobacillus delbrueckii* ssp. *bulgaricus* OLL1073R-1 enhances subjective psychological quality of life by improving the quality of sleep and constipation among women healthcare workers [R].

44



Zinc

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc plays a crucial role in regulating your sleep cycle, and having enough zinc in your body can improve the quality and duration of your sleep. Taking a zinc supplement can therefore help treat issues with sleep quality by aiding this regulation process.

In a double-blind, randomized controlled trial, 54 ICU nurses were randomly assigned to the intervention group (n = 27) that received 220 mg zinc sulfate capsules every 72 hours for 1 month and the control group (n = 26) that received placebo. Zinc supplementation could be associated with better SQ, subjective SQ, and sleep latency in this group of workers [\[R\]](#).

45



Zinc Sulfate

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take zinc sulfate as a dietary supplement by swallowing one 220 mg tablet (equivalent to 50 mg elemental zinc) with water, once daily, preferably with a meal to avoid stomach upset. This regimen can be followed for up to 2 weeks unless advised differently by a healthcare professional.

TYPICAL STARTING DOSE

220 mg

Description

Zinc sulfate is a chemical compound containing zinc and sulfur, used in dietary supplements to address zinc deficiencies, boost immune function, and support skin health. It's employed in medical settings to treat conditions like Wilson's disease and zinc deficiency-related disorders.

How it helps

Zinc is key for maintaining serotonin, a neurotransmitter that significantly impacts sleep regulation. Consequently, supplementing with zinc sulfate may help you achieve more restful and high-quality sleep.

In a double-blind, randomized controlled trial, 54 ICU nurses were randomly assigned to the intervention group (n = 27) that received 220 mg zinc sulfate capsules every 72 hours for 1 month and the control group (n = 26) that received placebo. Zinc supplementation could be associated with better SQ, subjective SQ, and sleep latency in this group of workers [\[R\]](#).

46



Chamomile

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take chamomile supplements in the form of capsules or tablets, usually ranging from 300 to 400 mg, up to three times daily between meals. If using chamomile tea as a supplement, drink 1 to 4 cups daily.

TYPICAL STARTING DOSE
300 mg

Description

Chamomile is an herbal remedy derived from the dried flowers of the chamomile plant. It is widely used for its calming and soothing properties

Chamomile is an herb native to Africa, Asia, and Europe. It was used as a traditional herbal remedy in ancient Greece, Rome, and Egypt. Today, chamomile is used in cosmetics, aromatherapy, tea, and supplements. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin problems
- Period cramps
- Gut problems
- Sleep quality
- Mood

How it helps

Chamomile contains antioxidants that promote sleepiness, and consuming it increases your body's levels of glycine, a neurotransmitter that relaxes your nerves and acts as a mild sedative. So, drinking chamomile tea or taking chamomile supplements can therefore help improve your sleep quality.

A meta-analysis of 12 trials found that supplementation with chamomile significantly improves sleep quality in different populations, including people with primary insomnia, elderly people, recent mothers, or patients wtih general anxiety disorder [\[R\]](#).

47



L-Ornithine

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take 500mg to 2g of L-ornithine supplement daily before bed or as directed by your healthcare provider. This regimen can be continued on a long-term basis to support liver health and to potentially aid in improving sleep quality.

Description

L-ornithine is an amino acid often used in sports supplements for its potential to reduce exercise-related fatigue and support muscle recovery. It is also studied for its role in promoting detoxification processes in the body.

How it helps

L-Ornithine, an amino acid, assists in reducing stress and fatigue, helping you sleep better. It promotes the detoxification of ammonia in the brain, which enhances sleep quality.

Japanese Antarctica Research Expedition members (22 people) who stayed in Antarctica for 3 months from December 2010 were examined, and a randomized double-blind study of Orn ingestion (400 mg/d) for 4 weeks was performed. Although sleep deteriorated during the stay in Antarctica, Orn ingestion, to some extent, improved sleep compared with the placebo group. [\[R\]](#)

In a study with 52 participants, L-ornithine supplementation (400 mg/day) over 8 weeks reduced serum cortisol levels, lowered the cortisol/DHEA-S ratio, decreased anger, and improved perceived sleep quality compared to the placebo group in healthy adults. [\[R\]](#)

48



Visualization

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 10-15 minutes daily in a quiet, comfortable space to close your eyes and visualize a peaceful scene or a desired outcome in detail, incorporating all senses. Practice this regularly for several weeks to potentially reduce stress and improve overall well-being.

TYPICAL STARTING DOSE

10 minutes

Description

Visualization is a mental technique that involves imagining specific scenarios, often used for relaxation, stress reduction, and goal setting. It can enhance focus, reduce anxiety, and improve overall mental well-being.

How it helps

In a non-placebo-controlled trial of 61 peri- and postmenopausal women, practicing visualization for 8 weeks improved sleep quality [\[R\]](#).

Visualization may help by reducing stress and anxiety, both of which are key contributors to insomnia.

49

Hatha Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Hatha Yoga for 60 minutes at least twice a week. Choose a quiet, comfortable space and consider guided sessions for beginners or those unfamiliar with the poses. Consistency over a period of months to years is beneficial for appreciating its full effects.

TYPICAL STARTING DOSE

1 hour

Description

Hatha yoga is a gentle and accessible form of yoga that combines physical postures, breathing exercises, and meditation. Practicing hatha yoga regularly can promote flexibility, stress reduction, and overall physical and mental well-being.

How it helps

Hatha Yoga, involving gentle stretches and calming breathwork, can lower stress and promote relaxation, which improves sleep quality. Regular practice can help regulate sleep patterns, prevent sleep disturbances, hence reduce the risk of sleep-related issues.

In a web-based study with 200 volunteers, the Yoga group (YG) experienced significant reductions in depression (-56.1%), anxiety (-64.3%), and stress (-68.2%) scores, while the Control group (CG) saw increased depression. YG also showed improved sleep quality, with 85% reporting good sleep after Hatha yoga intervention [R].

In a study of healthy students (N = 44; median age: 25 years, range 20-39 years; HIY: n = 21, including 3 men; control group: n = 23, including 3 men), the analysis showed that after the 6-week intervention, there were **no between-group differences in anxiety, depression, stress, sleep or self-rated health** [R].

50



Pilates

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Engage in Pilates exercises for at least 20-30 minutes, 3 times a week. Focus on core strength, flexibility, and mindful breathing. It is suitable for both beginners and advanced individuals, adjusting the difficulty of exercises as necessary.

TYPICAL STARTING DOSE

30 minutes

Description

Pilates is a form of exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body awareness through controlled movements and breathing techniques. Its health benefits include increased core strength, improved posture, enhanced flexibility, and better balance, making it a popular choice for those seeking a holistic approach to fitness.

Pilates is a type of exercise that emphasizes proper alignment, breathing techniques, and precise movements.

It involves a series of controlled movements performed on a mat or with specialized equipment, such as a reformer or Cadillac. Pilates helps strengthen the core muscles, improve flexibility, and promote mind-body awareness.

How it helps

In a non-placebo-controlled trial of 80 postpartum women, performing 30-min Pilates exercises, 5x/week for 8 weeks improved subjective sleep quality, sleep latency, daytime dysfunction, and global PSQI score. Practicing Pilates 2x/week for 12 weeks improved sleep quality and quality of life in a non-placebo-controlled trial of 22 sedentary volunteers. In a non-placebo-controlled trial of 110 postmenopausal women, a 12-week Pilates intervention improved sleep disturbances and sleep duration [\[R\]](#), [\[R\]](#), [\[R\]](#).

Pilates focuses on deep breathing and body awareness, which promotes relaxation, aids the synchronization of sleep patterns, and reduces insomnia.

51



Brown Seaweed

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing brown seaweed extract, such as *Fucus vesiculosus* or *Ascophyllum nodosum*, in capsule or powder form. Aim for a daily dosage of 500-1000 mg, preferably with meals to enhance absorption. Continue this regimen for at least 8-12 weeks to evaluate its effects on your health.

TYPICAL STARTING DOSE

500 mg

Description

Brown seaweed, such as kelp and wakame, is a nutrient-dense marine alga often used in Asian cuisine and dietary supplements. It's a natural source of essential minerals like iodine and may offer various health benefits, including thyroid support and potential antioxidant effects.

How it helps

In a placebo-controlled trial of 24 participants with self-reported sleep disturbances, supplementation with brown seaweed phlorotannins (500 mg/day) before bedtime for 1 week reduced wake after sleep onset [\[R\]](#).

52



Lettuce

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh lettuce into your diet by adding it to salads, sandwiches, and wraps. Aim for at least one serving (approximately one cup of chopped lettuce) daily for general health benefits.

Description

Lettuce is a low-calorie, nutrient-dense leafy green that can be a valuable addition to a balanced diet. It provides essential vitamins and minerals while contributing to hydration and supporting overall health.

Lettuce is a good source of the vitamins A, C, and K, and minerals like chromium, calcium, and potassium. A 5-ounce serving provides 1.8 mcg of chromium or 5%DV.

How it helps

In two separate trials, lettuce seed supplementation was found to be effective in improving sleep quality in people with insomnia. The first study involved 100 pregnant women with insomnia, while the second included 50 women with breast cancer and sleep issues. Both trials showed positive effects on sleep quality and related parameters compared to a placebo [\[R\]](#), [\[R\]](#).

Lettuce contains lactucarium, a natural sedative that induces sleep and helps maintain a healthy sleep-wake cycle.

53



Lactobacillus Delbrueckii

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing Lactobacillus delbrueckii at a dosage as advised on the product packaging, usually once daily. It is typically found in probiotic supplements or dairy products enriched with probiotics. Consistency is key, so take it at the same time each day, preferably with a meal for the best absorption and efficacy.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus delbrueckii is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus delbrueckii](#) is a bacterium widely used in the production of yogurt and other fermented dairy products [\[R\]](#).

As a [probiotic](#), people mainly take *L. delbrueckii* to boost the immune system. This helps fight and prevent infections [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a [non-placebo-controlled trial of 961 women](#), drinking yogurt with *L. delbrueckii* OLL1073R-1 (112 mL/day) for 16 weeks **improved sleep quality** [\[R\]](#).

L. delbrueckii may help by improving gut health. An unhealthy gut can influence sleep by causing discomfort and affecting the production of sleep-regulating hormones like serotonin.

54



Myo-inositol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 2 grams of myo-inositol supplement orally twice a day, preferably with meals to enhance absorption. This regimen should be followed daily for at least 6 months to observe significant benefits.

TYPICAL STARTING DOSE

4 g

Description

Myo-inositol is a naturally occurring compound that plays a role in various cellular functions. It is used in dietary supplements and is believed to have potential benefits for mental health, hormone regulation, and insulin sensitivity.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a study of 60 pregnant women (≥14 weeks gestation), myo-inositol supplementation (2000 mg + 200 µg folic acid) for 10 weeks improved global sleep quality, subjective sleep quality, and sleep duration during pregnancy [\[R\]](#).

55



Ashwagandha

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 250-600 mg of ashwagandha supplement daily. It can be consumed with water or a meal, depending on your preference or as advised by a healthcare provider.

TYPICAL STARTING DOSE
120 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [\[R\]](#), [\[R\]](#).

How it helps

In traditional medicine, ashwagandha is sometimes used as a sleep aid [\[R\]](#), [\[R\]](#).

Ashwagandha (600 mg/day for 8 weeks) may improve sleep quality [\[R\]](#).

56



Basil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 300-600mg of dried basil leaf extract supplement daily, preferably with meals to aid absorption. This should be continued daily for a period of at least one month to observe potential benefits.

Description

Basil is a flavorful herb often used in cooking and herbal remedies. It contains essential oils and antioxidants that may offer various health benefits, including anti-inflammatory and antibacterial properties.

How it helps

Basil has anabolic properties that can enhance the body's vitality and stamina, contributing to better sleep quality. It also aids in reducing anxiety and stress levels, which are common inhibitors of good sleep.

A [triple-blind, randomized clinical trial with 60 Iranian menopausal women](#) found that O. basilicum leaf extract and Avicel (250 mg each/ day for 1 month) **improved sleep quality and insomnia**. The **total sleep quality scores went from 6.2 ± 0.3 to 3.7 ± 0.3** with the intervention and from 9.3 ± 0.3 to 9.1 ± 0.3 with the placebo, while the **total insomnia severity scores went from 9.0 ± 0.3 to 5.6 ± 0.5** with the intervention and from 12.1 ± 0.3 to 11.0 ± 0.5 with the placebo [\[R\]](#).

57



Lavender

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 80-160 mg of a standardized lavender oil supplement, such as Silexan, once daily with a full glass of water. Continue this regimen for at least 10 weeks to evaluate its effects on anxiety and stress-related symptoms.

TYPICAL STARTING DOSE

80 mg

Description

[Lavender](#) is a decorative flower and a calming herb [\[R\]](#). People use it to:

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Lavender is available as an **oral supplement** or as an **essential oil for aromatherapy** [\[R\]](#).

How it helps

Oral lavender helps promote sleep by increasing slow-wave sleep, the very deep slumber during which the heartbeat slows and muscles relax. It's also believed to affect the neurotransmitter GABA to aid in calmness and sleep quality.

Postmenopausal women were randomly divided into three groups: two received 500 mg capsules of bitter orange or lavender, and one received starch capsules (control). Both bitter orange and lavender improved sleep scores significantly compared to the control group ($p < .001$ and $p = .003$, respectively) [\[R\]](#).

58



Red Light Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Position yourself or the specific area of your body that needs treatment about 6 inches away from a red light therapy device. Use the device for 10 to 20 minutes daily. It is recommended to continue this daily regimen for at least several weeks to notice benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Red light therapy involves exposure to low-level red or near-infrared light, which may promote skin rejuvenation, reduce inflammation, and improve circulation when used for therapeutic purposes in skin care and wellness treatments.

How it helps

In a placebo-controlled trial of 20 female athletes, 2 weeks of red light therapy improved sleep quality and endurance [\[R\]](#).

59



Tart Cherries

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume about 200 grams (7 ounces) of tart cherries or drink 240 ml (8 ounces) of tart cherry juice daily. This can be done at any time of the day but consuming it in the evening might improve sleep quality. It is recommended to continue daily consumption for at least 4 weeks to observe benefits such as reduced muscle pain, improved sleep, and potential reduction in inflammation.

Description

Tart cherries, often available in the form of juice or supplements, has vitamin C, as well as anthocyanins and melatonin, known for their potential to reduce inflammation and improve sleep quality. They are rich in antioxidants and may aid in recovery from exercise-induced muscle soreness.

Cherries are stone fruits with numerous species. Tart or “sour” cherries (*Prunus cerasus*) are native to parts of Europe and Asia [\[R\]](#), [\[R\]](#).

They are close to regular, sweet cherries (*Prunus avium*) but more acidic. Hence, people do not eat them fresh but dried or in syrups, salads, pies, or liqueurs.

People consume tart cherries to help with [\[R\]](#):

- Gout
- Exercise recovery
- Blood sugar control
- Blood pressure

How it helps

Tart cherries contain melatonin, a hormone that helps regulate sleep cycles, and antioxidants, which can reduce inflammation and promote sleep. Consuming them may enhance sleep duration and quality.

In a [placebo-controlled trial of 20 healthy volunteers](#), consuming tart cherry juice for 7 days **elevated melatonin levels and increased time in bed, total sleep time, and sleep efficiency** [\[R\]](#).

In a [placebo-controlled trial of 19 field hockey players](#), drinking tart cherry juice 5 times during 48 hours **failed to increase melatonin levels but improved sleep quality (total time in bed, wake after sleep onset, and movement index)** [\[R\]](#).

60



Yoga Nidra

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Practice Yoga Nidra for 30-45 minutes per session. Choose a quiet, comfortable place where you won't be disturbed. Aim to do this 3-5 times a week, preferably in the evening before bed to help improve sleep quality and reduce stress.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga nidra is a guided meditation and relaxation practice that originates from yoga traditions. It is used for reducing stress, improving sleep quality, and promoting mental relaxation, often involving deep introspection and heightened awareness.

How it helps

Non-placebo-controlled trials show that yoga nidra has potential benefits for various aspects of sleep. It improved sleep quality in acute and chronic insomnia patients, as well as in those with hypertension. In COVID-19 healthcare workers, it was more effective than music in reducing insomnia [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Yoga nidra may help by reducing stress and anxiety.

61



Lemon Verbena

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take lemon verbena as a supplement in capsule or liquid extract form. For general use, consume 500mg to 1500mg daily, usually split into two or three doses throughout the day. It's advisable to follow the specific dosage instructions on the product's label or consult a healthcare provider.

Description

Lemon verbena is an herbal remedy often used to alleviate digestive discomfort and reduce inflammation. It may also have antioxidant properties that support overall health.

[Lemon verbena](#) is a citrusy herb used for cooking and in cosmetics [\[R\]](#).

It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Inflammation and pain
- Muscle damage
- Obesity
- Insomnia

How it helps

Lemon verbena may promote sleep by boosting [GABA](#), a mind-calming chemical [\[R\]](#).

Taking lemon verbena essential oil for 4 weeks by mouth may improve sleep quality and insomnia symptoms [\[R\]](#).

Please note: *Keep essential oils away from children and pets. Do not ingest essential oils without consulting your doctor first.*

62

EFT Tapping

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Perform EFT (Emotional Freedom Technique) tapping daily for about 15 to 20 minutes. Focus on a specific issue while tapping with your fingertips on 9 specific meridian points on the body in a sequence: karate chop (side of the hand), top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, beginning of the collarbone, and under the arm. Repeat the process 3 to 5 times or until you feel relief.

TYPICAL STARTING DOSE

20 minutes

Description

EFT Tapping is a mind-body technique that involves tapping on specific acupressure points while focusing on emotional issues or physical discomfort. Some individuals find it helpful for managing stress, anxiety, and emotional well-being.

How it helps

In a non-placebo-controlled trial of 133 women undergoing breast cancer surgery, receiving EFT tapping for 1 month increased sleep quality [\[R\]](#).

EFT tapping may help by reducing stress and anxiety.

63

Grounding (Earthing)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Walk barefoot on natural surfaces like grass, sand, or soil for 30 minutes daily, ensuring direct skin-to-earth contact. Alternatively, while indoors, use grounding products such as mats or sheets connected to the earth's surface via a grounding wire for at least 8 hours, ideally during sleep.

TYPICAL STARTING DOSE

30 minutes

Description

Earthing, or grounding, involves direct physical contact with the Earth's surface, such as walking barefoot on soil or grass. Advocates suggest that it can help reduce inflammation, improve sleep, and promote overall well-being.

How it helps

A 12-week pilot Study with 22 patients with mild Alzheimer's Disease (AD) found that grounding improved the Pittsburgh Sleep Quality Index (PSQI) compared to the sham-grounding group (mean $\pm$ SD: 0.3 ± 0.7 vs. 3.0 ± 1.9 , $p = 0.006$). It did not change the Beck Anxiety Inventory (BAI), and Beck Depression Inventory-II (BDI-II) to evaluate anxiety, and depression, respectively. So, grounding can improve sleep quality, but it does not significantly improve anxiety and depression among patients with mild AD [\[R\]](#).

64



Whole-Body Cryotherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in whole-body cryotherapy sessions by entering a cryotherapy chamber for 2-3 minutes, where temperatures drop to between -100°C to -140°C (-148°F to -220°F). These sessions should be performed 2-3 times a week for optimal benefits.

TYPICAL STARTING DOSE
2 minutes

Description

Whole-body cryotherapy involves brief exposure to extreme cold temperatures in a controlled chamber. It is used to reduce inflammation, alleviate muscle soreness, and promote recovery in athletes and individuals seeking pain relief.

How it helps

A study investigated the effects of whole-body cryotherapy after evening training on sleep quality and night HRV in 22 active men. Whole-body cryotherapy reduced nighttime movements, improved subjective sleep quality, and positively impacted HRV during slow-wave sleep [R].

Whole-body cryotherapy may help by reducing inflammation and promoting relaxation.

Please note: Rapid cold exposure can cause life-threatening changes to your breathing and heart rate. This is called the cold-shock response. Be cautious of any form of sudden temperature change to your environment, especially if you have heart disease or other health conditions [R].

65



Thiamine Supplements

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take thiamine supplements orally, starting with a dose of 100 mg daily. This can be taken with or without food, but consistently at the same time each day for at least one month to help improve deficiency symptoms.

TYPICAL STARTING DOSE
100 mg

Description

Your doctor may recommend thiamine supplements. You can also discuss magnesium supplements with your doctor if your magnesium levels are low [R].

How it helps

Thiamine (vitamin B1) helps in converting nutrients into energy which is vital for your nervous system, indirectly affecting sleep quality. Maintaining good levels of thiamine can improve your body's health, leading to better sleep quality.

In a study of 80 elderly Irish women with marginal thiamin deficiency, thiamine supplementation (10 mg daily) led to increased appetite, energy intake, body weight, well-being, and reduced fatigue compared to placebo. It also improved sleep patterns and increased activity. [R]

66



Autogenic Training

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [\[R\]](#), [\[R\]](#).

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [\[R\]](#), [\[R\]](#):

- Relax the body
- Quiet and calm the mind
- Increase energy

How it helps

Autogenic training is a relaxation technique that can help improve sleep quality by reducing stress and anxiety. This technique promotes relaxation allowing for deeper, restful sleep cycles.

In a non-placebo-controlled trial of 22 participants with decreased sleep quality, practicing autogenic training for 14 days significantly increased sleep quality [\[R\]](#).

67



Ashwagandha Shoden

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 125-250 mg of Ashwagandha Shoden extract once daily, preferably with a meal to enhance absorption. This should be continued for at least 8 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

125 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [\[R\]](#), [\[R\]](#).

Shoden is a standardized extract of ashwagandha with potential health benefits. It is believed to support stress management, cognitive function, and overall well-being.

How it helps

In a placebo-controlled trial of 150 healthy subjects scoring high on non-restorative sleep measures, supplementation with ashwagandha Shoden (120 mg/day) for 6 weeks improved the overall quality of sleep by significantly improving the non-restorative sleep condition [\[R\]](#).

Ashwagandha Shoden may boost sleep quality by reducing stress and anxiety. It enhances the body's resilience to physical and mental stress by modulating stress response, potentially leading to better sleep.

68



Black Cohosh

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a black cohosh supplement of 20 to 40 mg twice daily for up to six months to manage menopause symptoms. Make sure to check the label for a product standardized to contain 2.5% triterpene glycosides.

TYPICAL STARTING DOSE

40 mg

Description

Black cohosh is an herbal remedy often used by some individuals to alleviate symptoms of menopause, such as hot flashes and mood swings.

How it helps

In a placebo-controlled trial of 42 postmenopausal women, supplementation with black cohosh for 3 months improved sleep quality and efficiency while decreasing wake after sleep onset duration (by 15.8%) [\[R\]](#).

Black cohosh has sedative properties, which could improve sleep by helping fall asleep faster and stay asleep longer.

69



Avoid PAHs Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Minimize your exposure to Polycyclic Aromatic Hydrocarbons (PAHs) by avoiding or reducing consumption of charred, grilled, or smoked foods, not smoking or avoiding secondhand smoke, and limiting time spent in areas with heavy traffic or industrial fumes. Use exhaust fans in kitchens and ensure proper ventilation when cooking at high temperatures to reduce indoor levels of PAHs.

Description

PAHs or Polycyclic Aromatic Hydrocarbons are harmful substances found in smoke and grilled foods. Try to limit exposure to them for better health. For example, avoid inhaling smoke from cigarettes or barbeques and choose alternative cooking techniques over grilling. Minimizing PAHs can reduce the risk of several health issues, particularly lung and skin diseases.

How it helps

A study of 19,531 participants associated PAH exposure with an 8.7% higher risk of short sleep duration and a 19% higher risk of self-reported trouble sleeping [\[R\]](#).

Another study (8194 participants) associated high levels of urinary 1-hydroxynaphthalene , 2-hydroxynaphthalene, 3-hydroxyfluorene, 2-hydroxyfluorene, and 1-hydroxypyrene with respectively 34%, 23%, 31%, 35%, and 29% higher risk of trouble sleeping [\[R\]](#).

PAHs can disrupt your body's natural circadian rhythms and sleep patterns, leading to poorer sleep.

70

Binaural Beats

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Listen to binaural beats through headphones for 30 minutes to 2 hours daily. Choose frequencies that match your goal, such as relaxation or focus, and ensure a quiet, comfortable environment for the best experience.

TYPICAL STARTING DOSE

30 minutes

Description

Binaural beats are audio recordings that use specific sound frequencies to create a perception of a beating or pulsing sound in the brain. Some people use binaural beats for relaxation, meditation, and potential cognitive benefits.

[Binaural beats](#) are an **auditory illusion** perceived by the brain when two slightly different frequencies of sound are played into each ear (*bi* – two, *aural*- ear). When wearing earphones that are playing slightly different notes in each ear, our brain perceives the volume to pulse (oscillate) at a fixed rate. This is called a ‘beat.’

People use binaural beats to improve cognition, mood, and anxiety [\[R, R, R, R, R\]](#).

How it helps

In a [non-placebo-controlled trial of 15 soccer players](#), stimulation with binaural beats (2-8 Hz) for 8 weeks **improved subjective ratings of sleep and awakening quality, sleepiness, and motivational state** [\[R\]](#).

Binaural beats help improve sleep quality by synchronizing brainwaves to a specific frequency, encouraging a state of deep relaxation necessary for restful sleep. Regular use can lead to longer, uninterrupted sleep and a feeling of feeling refreshed upon awakening.

71



Avoid Arsenic Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use a water filter certified to remove arsenic if you rely on well water, opt for arsenic-tested rice or rice products, and avoid using contaminated pesticides or herbicides in gardening or farming. Test your home for arsenic if you live in an area known for high levels of arsenic in soil or water. Limit consumption of foods known to accumulate arsenic such as rice and rice-based products, especially if you are pregnant, nursing, or preparing meals for young children.

Description

Avoiding arsenic exposure is essential for preventing potential health risks associated with arsenic contamination in drinking water and foods. Chronic exposure to arsenic has been linked to various health issues, including cancer and cardiovascular problems.

Arsenic is a [heavy metal](#) naturally found in the environment. It is used for mining, fracking, and industrial applications, such as the production of pesticides and wood preservatives, and the use of fossil fuels [\[R\]](#).

The main sources of exposure to arsenic are contaminated [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Drinking water**
- **Rice** and fish
- Air

Long-term exposure to high amounts of arsenic may be linked to health problems, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin disorders
- Heart disease
- High blood pressure
- Stroke
- Diabetes
- Cancer

Please note: *Soaking, washing until clear, and cooking rice with a high (1:6) water-to-rice ratio may help reduce rice’s arsenic content* [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of 5,563 participants associated high levels of urinary arsenic with wake-up at night and leg jerks while sleeping [\[R\]](#).

Arsenic can disrupt normal brain function and hormonal balance, leading to insomnia or disturbed sleep.

72

Yin Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Yin Yoga for 45 to 60 minutes per session. Aim to engage in these sessions 1 to 3 times per week, ideally in a quiet, comfortable space where you can focus on deep stretching and relaxation.

TYPICAL STARTING DOSE

45 minutes

Description

Yin yoga is a slow-paced yoga style that involves holding passive poses for extended periods. It targets deep connective tissues, promoting flexibility, stress reduction, and relaxation.

How it helps

In a non-placebo-controlled trial of 105 adults, practicing yin yoga for 5 weeks reduced sleep problems [\[R\]](#)

Yin yoga promotes relaxation and tranquility, which can help improve sleep quality by reducing stress and anxiety.

73

Lactobacillus Helveticus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus helveticus, usually available in capsule or powder form. Follow the manufacturer's instructions, commonly involving taking one to two capsules daily, preferably with a meal or as directed by a healthcare provider. Continue this regimen daily for at least 8 to 12 weeks to potentially see benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus helveticus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

Lactobacillus helveticus, a probiotic, may help enhance your sleep quality by influencing the production of serotonin, a neurotransmitter that regulates sleep. Additionally, it can also control cortisol levels, a stress hormone known to disrupt sleep, providing a balanced and restful sleep cycle.

In a placebo-controlled trial of 29 elderly volunteers, drinking milk fermented with *L. helveticus* (100 g/day) for 3 weeks improved sleep efficiency and reduced waking episodes [\[R\]](#).

74



Spirulina

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-8 g of spirulina supplements daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Spirulina is a blue-green algae. It is rich in nutrients like protein, vitamins, and minerals, particularly vitamin B12 and iron, and is a source of antioxidants, chlorophyll, and phycocyanin. It can be found in powdered or tablet form as a supplement, and is often used to boost energy, support the immune system, and enhance overall nutrition. Additionally, spirulina.

[Spirulina](#) is a supplement made from blue-green algae that grows in fresh and marine water [\[R\]](#), [\[R\]](#).

Dried spirulina is up to 70% protein. It’s also rich in vitamins, antioxidants, and healthy fats. This makes it a great source of nutrition for both people and livestock [\[R\]](#), [\[R\]](#), [\[R\]](#).

People use spirulina supplements to reduce [\[R\]](#), [\[R\]](#):

- Cholesterol
- Blood pressure
- Blood sugar

How it helps

In a [placebo-controlled trial of 73 patients with ulcerative colitis](#), supplementation with spirulina (500 mg, 2x/day) for 8 weeks **reduced sleep disturbances and stress, while increasing quality of life** [\[R\]](#).

75



Dietary Magnesium

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Increase your intake of magnesium-rich foods such as leafy green vegetables, nuts, seeds, and whole grains. Aim to include these foods in your diet daily, following the recommended dietary allowance of 320 mg per day for women and 420 mg per day for men.

Description

Magnesium is a vital mineral involved in over 300 biochemical reactions in the body. It supports various functions, including muscle and nerve function, bone health, and blood sugar regulation.

Magnesium is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium may boost [melatonin](#), a hormone that supports sleep. **It may also suppress** [cortisol](#), a stress hormone that can throw off your body’s internal clock [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

76



Restorative Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in restorative yoga sessions for 20-30 minutes, at least three times a week. Choose a quiet, comfortable space where you won't be disturbed, using props such as yoga mats, bolsters, and blankets to support your body in relaxing poses.

TYPICAL STARTING DOSE

30 minutes

Description

Restorative yoga is a gentle and therapeutic form of yoga that involves holding poses for extended periods to promote relaxation, reduce stress, and improve flexibility and joint mobility.

How it helps

In a non-placebo-controlled trial of 410 cancer survivors, practicing restorative yoga for 4 weeks improved sleep quality and reduced the need for sleep medication [\[R\]](#).

Restorative yoga helps to promote deep relaxation by stimulating the parasympathetic nervous system, which enhances sleep quality.

77



Wasabi

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take wasabi as a supplement by consuming 500 mg of wasabi extract in capsule form, once daily, preferably with meals to aid in absorption and to minimize potential stomach upset.

TYPICAL STARTING DOSE

500 mg

Description

Wasabi is a pungent, green Japanese condiment derived from the root of the Wasabia japonica plant. It contains compounds like isothiocyanates, known for potential anti-inflammatory and antibacterial properties. Wasabi is used to add flavor to sushi and other dishes and may offer digestive benefits.

How it helps

Wasabi contains magnesium, which is a natural relaxer for your nervous system and may improve your sleep quality. It also has anti-inflammatory properties that may reduce pain and discomfort, further promoting restful sleep.

In an uncontrolled trial of 20 healthy volunteers experiencing daily fatigue, supplementation with 6-MSITC from wasabi (4.8 mg/day) for 4 weeks failed to improve fatigue after a mental task but did improve fatigue before the mental task, sleep, and mood. In another uncontrolled trial (15 patients with myalgic encephalomyelitis/chronic fatigue syndrome), supplementation with wasabi extract (9.6 mg of 6-MSITC/day) for 12 weeks improved performance status, pain, cognitive dysfunction, and psychological vitality [\[R\]](#), [\[R\]](#).

78



Kava

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 200 mg kava supplement daily, ideally in the evening or as directed by healthcare provider, for periods of stress or anxiety. Do not exceed the recommended dosage without medical advice.

TYPICAL STARTING DOSE

200 mg

Description

Kava is a traditional Pacific Island beverage known for its calming effects. When consumed in moderation, kava may help reduce anxiety and promote relaxation.

[Kava](#) (*Piper methysticum*) is a tropical plant. An extract from the root of this plant is also simply called kava [\[R\]](#).

Kava root is an important part of South Pacific traditional medicine. **People there use it to relax an anxious mind** [\[R\]](#).

According to limited research, kava may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sleep disorders
- Mood disorders
- Drug withdrawal

How it helps

Kava promotes sleep quality by increasing the production of GABA, a neurotransmitter that calms brain activity, providing a sense of relaxation and improved sleep. It also lessens stress and anxiety, common disruptors of good sleep.

79



Saffron

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

[Saffron](#) is a yellow spice praised for its color, taste, and potential health benefits [\[R\]](#).

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut conditions
- Heart health
- Mental health

How it helps

Saffron can increase serotonin levels in the brain which helps regulate your sleep-wake cycle and thus improve sleep quality. It also has antioxidant and anti-inflammatory properties that can help relax the mind and body, promoting better sleep.

80



Avoid Sugary Foods At Night

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stop consuming foods and drinks high in sugar at least 3 hours before your bedtime. This includes desserts, soda, and sweetened beverages. Stick to this habit nightly for an ongoing basis to notice improvements in sleep quality and overall health.

Description

Avoiding sugary foods at night can promote better sleep quality and prevent potential sleep disturbances caused by blood sugar fluctuations.

How it helps

Consuming sugary foods at night can lead to spikes in blood sugar and energy levels, disrupting your body's natural sleep/wake cycle, hence affecting sleep quality. Additionally, the process of metabolizing these sugars can keep your body active at a time when it should be winding down, causing restlessness or difficulty sleeping.

81



Limit Calorie Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R, R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R, R, R, R, R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Reducing calorie intake, specifically close to bedtime, can help improve sleep quality as overconsumption may lead to discomfort and indigestion, disrupting your sleep. Furthermore, a balanced diet can regulate your energy levels and body functions, promoting healthier sleep patterns.

82



Kanna (Sceletium Tortuosum)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a kanna supplement, typically available in capsules or powder form, at a dosage of 50-200 mg daily. It is best consumed with meals to improve absorption. Start with the lower end of the dosage range and gradually increase as needed. Continual use for up to 8 weeks is considered safe, with a break or evaluation afterwards.

TYPICAL STARTING DOSE
50 mg

Description

Kanna, a traditional South African herb, is sometimes used to alleviate stress and anxiety. It contains compounds that may have mood-enhancing and stress-reducing effects when used responsibly.

Kanna or [Sceletium tortuosum](#) is a South African herb. It is traditionally used to support emotional and mental well-being by native South African people [\[R\]](#).

How it helps

Kanna, a herbal supplement, enhances your sleep quality by increasing the production of serotonin, a neurotransmitter that promotes relaxation and induces sleep. It also reduces stress and anxiety, which can otherwise disrupt your sleep cycle.

83



Lemon Balm

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg lemon balm supplement daily. This dosage can be consumed at once or divided into smaller doses throughout the day, according to personal preference or the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Lemon balm is an herb known for its calming and soothing properties. It is often used in herbal teas and aromatherapy to reduce stress and anxiety, promote relaxation, and improve sleep quality.

[Lemon balm](#) (*Melissa officinalis*) is an herb used in gardening and traditional medicine. **It’s rich in antioxidants and relaxing components** [\[R, R\]](#).

People use lemon balm as a tea or supplement to [\[R, R, R, R\]](#):

- Relieve anxiety
- Improve sleep quality
- Reduce stress

How it helps

Lemon Balm, through its natural sedative property, helps to calm the nervous system which in turns improves the quality of sleep. It is especially beneficial for those with sleep impairments like insomnia due to its ability to reduce anxiety and induce sleepiness.

84



Applied Relaxation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice applied relaxation by dedicating 15-30 minutes each day to learning and practicing relaxation techniques, such as deep breathing, progressive muscle relaxation, or guided imagery. Consistency is key, so aim to incorporate these practices into your daily routine for an ongoing period to effectively manage stress and anxiety.

TYPICAL STARTING DOSE

30 minutes

Description

Applied relaxation is a stress management technique that involves systematically tensing and then relaxing muscle groups in the body to reduce tension and promote relaxation. It can be effective in reducing anxiety and stress-related symptoms.

How it helps

Learning relaxation techniques can help reduce tension and anxiety, making it easier to fall asleep and improving overall sleep quality.

85



Art Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

Participating in art therapy can provide a therapeutic and calming effect, which may promote better sleep.

86



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

A consistent sleep schedule helps regulate your body's internal clock (circadian rhythm), which can improve your sleep quality. Going to bed and waking up at the same time each day helps your body know when to sleep, leading to deeper, higher-quality rest.

87



5-HTP

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100 mg of 5-HTP as a supplement daily, ideally with a glass of water. It can be taken at any time of the day but taking it at the same time each day may help establish a routine.

TYPICAL STARTING DOSE
100 mg

Description

5-HTP is a building block for serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement. It may also help reduce appetite, help with chronic pain and fatigue, and improve sleep quality.

5-HTP is a building block for the “happiness hormone” serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep [R].

People mainly use 5-HTP as a mood-boosting supplement [R, R]. According to early research, it may also:

- Reduce appetite [R, R, R]
- Help with chronic pain and fatigue [R, R, R]
- Improve sleep quality [R, R]

Please note: 5-HTP can interact with SAM-e, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take 5-HTP without consulting your doctor [R, R, R].

How it helps

5-HTP (5-Hydroxytryptophan) is a precursor to the neurotransmitter serotonin, which plays a role in sleep regulation. Supplementing with 5-HTP can increase serotonin production, potentially improving sleep quality and helping to regulate sleep patterns.

88



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

CBT for insomnia addresses thoughts and behaviors that disrupt sleep and helps develop good sleep habits.

89



DASH Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Adopt a dietary pattern that emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while reducing sodium, red meat, sweets, and sugary beverages. Aim for 4-5 servings of both fruits and vegetables per day, 6-8 servings of grains (with at least half being whole grains), and 2-3 servings of low-fat dairy. This diet should be followed daily to manage blood pressure effectively.

Description

The DASH (Dietary Approaches to Stop Hypertension) diet is a dietary plan designed to reduce high blood pressure. It emphasizes fruits, vegetables, lean proteins, and whole grains while limiting sodium intake.

Health experts developed the DASH diet to reduce blood pressure. This diet also helps support weight control while reducing inflammation and cholesterol [\[R\]](#).

It **limits salt, sweets, and saturated fat**, while promoting the intake of [\[R\]](#):

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces/day)

The DASH diet focuses on fresh, minimally processed food rich in nutrients. Magnesium, calcium, and potassium-rich foods are particularly important due to their beneficial effects on the heart and blood vessels [\[R\]](#).

Although similar to the [Mediterranean diet](#), DASH is lower in sodium (<2,300 mg a day) and omega-3 fatty acids. On the other hand, it’s higher in red meat and dairy [\[R\]](#).

How it helps

The DASH diet, high in fruits, veggies, and low-fat dairy, can help improve sleep quality since it optimizes the intake of key nutrients like magnesium and B vitamins, proven to promote better sleep. Additionally, reducing sodium intake, a key part of the DASH diet, can prevent fluid imbalance that disrupts sleep.

90



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

This type of therapy helps in addressing sleep-related anxiety and stress by promoting acceptance and mindfulness, which can lead to improved sleep.

91



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don't tend to spike blood sugar like refined grains do.

How it helps

Whole grains provide complex carbohydrates that can help increase serotonin levels, potentially improving sleep quality.

92



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [R](#), [R](#), [R](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi, a low-impact, relaxing form of exercise, can improve sleep quality by reducing stress and anxiety, both common causes of sleep disturbances. Regular practice increases body awareness and mindfulness, promotes relaxation, and enhances the overall functioning of the body, hence promoting deeper and more restful sleep.

93



Avoid Loud Noises

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit exposure to loud noises by keeping the volume down on personal audio devices, wearing earplugs at concerts or noisy work environments, and taking breaks in quiet areas when possible. Attempt to maintain noise levels below 85 decibels, especially for prolonged periods, to protect your hearing.

Description

Most sounds you’re exposed to daily are quiet. However, there are times when sounds can be uncomfortably loud. **Exposure to loud noise for long periods of time can damage the cells of the inner ear.** This may lead to hearing impairment and conditions like tinnitus.

Exposure to loud noises may damage the inner ear or the auditory nerve. This may lead to hearing impairment or conditions like tinnitus [\[R, R\]](#).

Potentially damaging noises can be anything at a volume **above 70 decibels** (dB). The louder the noise, the less time it takes to cause damage to your ear. For reference, some volume levels of common sounds include [\[R, R\]](#):

- Whispering (30 dB)
- Normal conversation (60-70 dB)
- Motorcycle (95 dB)
- Ambulance siren (110-129 dB)
- Fireworks, gunshots (140-165 dB)

How it helps

A quiet environment is conducive to sleep, and avoiding loud noises can prevent sleep disturbances.

94



Kiwifruit

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eat one to two kiwifruits daily, either as a snack or incorporated into your meals. You can consume them for breakfast, add them to a salad for lunch, or blend them into a smoothie. Continue this practice as a regular part of your diet to gain its nutritional benefits.

Description

Kiwifruit is a vitamin C-rich fruit that supports immune health, digestion, and skin vitality. It's also a good source of dietary fiber, making it a nutritious addition to a balanced diet.

Kiwifruit are technically berries, full of vitamin E, fiber, other minerals and vitamins, particularly vitamin K and C. One kiwifruit provides 1.1 mg of vitamin E or 7%DV.

How it helps

Kiwifruit is high in serotonin, a hormone that helps regulate sleep. Regular consumption can improve sleep onset, duration, and efficiency, thereby enhancing sleep quality and preventing sleep disorders.

95



Dietary Tryptophan

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of tryptophan-rich foods in your daily diet. Examples include turkey, chicken, milk, cheese, yogurt, eggs, bananas, tofu, salmon, and nuts such as almonds and peanuts. Aim to incorporate these foods into at least one meal per day to meet the dietary recommendation for tryptophan.

Description

Tryptophan is an essential amino acid that plays a crucial role in serotonin production, contributing to mood regulation and sleep quality. Adequate tryptophan intake through diet supports emotional well-being and overall mental health.

[Tryptophan](#) is an amino acid, or a protein building block. **Humans can’t make tryptophan, so we need to get it from protein-rich foods** [\[R\]](#), [\[R\]](#).

Your body uses tryptophan to make [serotonin](#) and [melatonin](#). **These brain chemicals are important for mood and sleep** [\[R\]](#), [\[R\]](#).

An average adult needs at least **250-425 mg** of tryptophan per day, which is the amount you can get from [\[R\]](#):

- A pound of turkey or chicken
- Two cups of milk
- An ounce of canned tuna
- Two cups of oatmeal

Other foods high in tryptophan include **cheddar cheese, peanuts, pumpkin seeds, and seafood**. Most people get enough tryptophan from their diets, but supplements are also available [\[R\]](#).

How it helps

Tryptophan is an amino acid that the body uses to produce serotonin, a neurotransmitter that promotes sleep.

96



Massage

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Massage contributes to improved sleep quality by triggering the release of serotonin, a hormone that aids in regulating mood, appetite, and sleep. Furthermore, it assists in alleviating stress and tension which often interfere with good sleep patterns.

97



Ginkgo

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [\[R, R\]](#).

According to limited evidence, ginkgo leaf extract may help with [\[R, R, R, R\]](#):

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo Biloba's antioxidants boost sleep quality by relieving symptoms of anxiety & depression, which are commonly connected to sleep disorders. Additionally, it aids the regulation of the sleep-wake cycle, reducing insomnia occurrences.

98



Avoid Long Naps

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit your daily naps to 20-30 minutes. Try to nap before 3 pm to avoid interfering with nighttime sleep.

Description

Limiting long naps during the day can help improve nighttime sleep quality and reduce the risk of sleep disturbances. Shorter naps are generally more beneficial for enhancing daytime alertness without interfering with nighttime rest.

How it helps

Limiting the length of naps during the day can ensure a stronger sleep drive at night and help maintain a consistent sleep-wake schedule.

99



ASMR (Autonomous Sensory Meridian Response)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To incorporate ASMR into your lifestyle, find a quiet, comfortable space where you can relax without interruptions. Use headphones for an enhanced experience. Select ASMR videos or recordings that trigger your response—such as whispering, tapping, or gentle hand movements—and listen or watch for 20-30 minutes daily before bedtime or whenever you feel stressed to help induce relaxation and reduce anxiety.

TYPICAL STARTING DOSE

20 minutes

Description

ASMR stands for Autonomous Sensory Meridian Response. It's a calming, pleasurable feeling often accompanied by a tingling sensation. This tingle is said to originate in a person's head and spread to the neck, spine, or throughout the body. Research suggests that it could help reduce stress and improve sleep, making it beneficial for overall health.

How it helps

In a non-placebo-controlled trial of 80 participants with self-reported stress, listening to ASMR for 15 min in the daytime and 30 min before going to sleep for 3 weeks was at least as effective as binaural beats at improving insomnia and sleep quality [\[R\]](#).

ASMR creates a relaxing effect through soothing sounds that can help in reducing stress and improving sleep.

100



Red Clover

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a red clover supplement in the form of capsules, typically ranging from 40 to 80 milligrams daily. This should be done under the guidance of a healthcare provider, especially if you're using it for menopausal symptoms or bone health, to ensure it's appropriate for your individual needs. Generally, it's used for periods ranging from 3 to 12 months.

TYPICAL STARTING DOSE

40 mg

Description

Red Clover is a plant that's often utilized for its health benefits. Not just pleasing to the eyes with its bright color, it's known to help with skin health and menopause symptoms. Additionally, it may improve heart health and bone density. It's like a power-plant, offering multiple health benefits in one package.

How it helps

Red clover is rich in isoflavones, which have been linked to reduced anxiety and stress, factors that can impede sleep. Thus, by promoting relaxation, this supplement could potentially enhance your sleep quality.

101



Cherries

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of cherries, which is about 1 cup or 21 cherries, into your daily diet. You can eat them fresh, frozen, dried, or in juice form. If opting for juice, ensure it's 100% cherry juice without added sugars.

Description

Cherries are a stone fruit that comes in numerous varieties. They are a natural source of antioxidants and anti-inflammatory compounds. They may help reduce inflammation, promote better sleep, and support overall health.

A cherry is a stone fruit with numerous varieties. Cherries are native to parts of Europe and Asia [\[R, R\]](#).

People consume sweet cherries (*Prunus avium*) and tart cherries (*Prunus cerasus*) to help with [\[R\]](#):

- Gout
- Exercise recovery
- Blood sugar control
- Blood pressure

How it helps

Cherries, especially tart ones, are high in natural melatonin, a hormone that regulates sleep. By increasing your melatonin levels, cherries can help improve sleep quality and prevent sleep disturbances.

102



Sweet Violet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take sweet violet supplement in the form of tea by steeping 1-2 teaspoons of dried sweet violet flowers in a cup of hot water for 10-15 minutes. Drink this tea 2-3 times daily. Capsules and tinctures can also be used following the manufacturer's recommended dosages, usually once or twice daily.

Description

Sweet violet (*Viola odorata*) is a plant known for its fragrant purple flowers and is native to Europe and Asia. Traditionally, it has been used as a plant extract in herbal remedies for its potential to help sooth coughs and sore throats. Sweet violet contains various compounds, including essential oils such as ionone and methyl salicylate, as well as vitamin C and flavonoids.

How it helps

Sweet Violet contains substances that might help improve sleep quality by calming the nervous system and inducing sleep. It's often used in natural remedies to reduce symptoms of insomnia and promote better sleep patterns.

103



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Avoiding heavy meals at night helps improve sleep quality as digestion slows down during sleep, potentially leading to discomfort and disturbed sleep. Further, consuming large meals late can lead to conditions like heartburn or acid reflux, disrupting your sleep.

104



Breathing Techniques

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It’s often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Practicing deep breathing exercises can reduce stress and prepare the body for rest, leading to improved sleep.

105



Cherry Juice

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Drink 8-10 ounces (about 240-300 ml) of tart cherry juice daily, preferably in the evening as studies suggest it might improve sleep quality. This should be incorporated into your diet consistently for at least two weeks to start observing potential benefits.

Description

Cherry juice is believed to have anti-inflammatory properties and may help reduce muscle soreness and improve sleep quality. It is often used as a natural remedy for certain health concerns.

A cherry is a stone fruit with numerous varieties. Cherries are native to parts of Europe and Asia [\[R\]](#), [\[R\]](#).

People consume sweet cherries (*Prunus avium*) and tart cherries (*Prunus cerasus*) as either fruit or juice to help with [\[R\]](#):

- Gout
- Exercise recovery
- Blood sugar control
- Blood pressure

How it helps

Cherry juice contains melatonin, a hormone that regulates the sleep-wake cycle and can improve sleep quality.

106



Avoid Refined Sugar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

Consuming refined sugars can lead to blood sugar spikes and crashes, which may interfere with sleep.

107

Buteyko Technique

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice the Buteyko breathing exercises for 15-20 minutes daily, ideally in a quiet, comfortable place without distractions. The method emphasizes nasal breathing, reduced breathing rate, and breath-holding to increase carbon dioxide levels in the blood, thereby promoting better oxygenation. Consistency is key, and it is recommended to continue practicing daily for several months to notice significant improvements in breathing-related conditions.

TYPICAL STARTING DOSE

20 minutes

Description

The Buteyko Technique is a breathing method that aims to improve respiratory health and reduce symptoms of conditions like asthma and anxiety. It involves exercises to control and optimize breathing patterns, potentially enhancing lung function and overall well-being.

How it helps

This breathing method may improve sleep by teaching more regulated and calmer breathing patterns.

108

HRV Biofeedback

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice HRV biofeedback sessions for 10-20 minutes daily, ideally with the guidance of a trained professional or using a reliable app that measures your heart rate variability. Focus on controlled breathing techniques during these sessions to improve your HRV over time.

TYPICAL STARTING DOSE

10 minutes

Description

Heart rate variability (HRV) biofeedback is a technique that helps individuals manage stress and improve their overall well-being by training them to regulate their heart rate variability. It can enhance emotional resilience and reduce the impact of stress on the body.

How it helps

Heart rate variability biofeedback can enhance relaxation and improve sleep by teaching individuals to regulate their nervous system.

109



Aquatic Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in aquatic exercise sessions, such as swimming or water aerobics, for 60 minutes, 3 to 5 times per week. Ensure the exercise intensity is moderate, allowing you to talk but not sing during the activity. Consistency over time is key, so aim to incorporate this into your weekly routine for at least 3 to 6 months to observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Aquatic exercise involves physical activity performed in water, such as swimming, water aerobics, or aquatic therapy. It is gentle on the joints, making it suitable for individuals with mobility issues, and can help improve cardiovascular fitness and muscle strength.

Aquatic exercise is any type of low-impact physical activity performed in a pool. In this type of cardio exercise, water helps the body float, which reduces gravity and makes the practice more comfortable and tolerable [\[R\]](#), [\[R\]](#).

Compared to land-based exercise, aquatic exercise may be better by [\[R\]](#):

- Reducing the stress and impact on joints
- Lowering fracture risk

Hence, it is usually **recommended for the elderly**. Aquatic exercise is also suitable for people who don't know how to swim [\[R\]](#).

How it helps

Exercising in water can be relaxing and help reduce physical stress, which might lead to better sleep.

110

Practice Exercise Snacks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Maintaining an active lifestyle helps regulate your sleep cycle and can combat insomnia.

111



Pyrroloquinoline Quinone (PQQ)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 20 to 40 mg of Pyrroloquinoline Quinone (PQQ) daily as an oral supplement, ideally with meals to enhance absorption. This dosage can be maintained indefinitely as part of your daily supplement routine.

TYPICAL STARTING DOSE

20 mg

Description

PQQ is a micronutrient found in foods like spinach, green tea, and kiwifruit. It acts as a cofactor for enzymes involved in energy metabolism and may support mitochondrial health, which is essential for overall cellular function and vitality.

Pyrroloquinoline quinone (PQQ), also known as methoxatin, is a compound that helps enzymes work better. PQQ is also involved in the production of new mitochondrias. By doing so, PQQ helps improve [\[R\]](#), [\[R\]](#):

- Energy levels
- Antioxidant protection
- Growth
- Reproduction

How it helps

Pyrroloquinoline Quinone (PQQ) acts as an antioxidant, reducing inflammation and oxidative stress which can disrupt normal sleep patterns. It may also help promote the production and effectiveness of mitochondria, improving energy levels and thus potentially aiding in deeper and more restful sleep.

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

In a clinical trial involving 17 adult participants, pyrroloquinoline quinone (PQQ) was administered daily at 20 mg for 8 weeks. The study found that PQQ significantly improved various aspects, including mood, quality of life, sleep, appetite, and pain. the results of the Profile of Mood States-Short Form revealed that all six measures of vigor, fatigue, tension-anxiety, depression, anger-hostility and confusion were significantly improved. Biomarker analysis also correlated PQQ's effects with improved sleep quality, particularly in reducing cortisol levels upon awakening [\[R\]](#).

112



Air Purifier

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Install an air purifier in your home, ideally in the rooms you spend the most time in, such as your bedroom and living room. Keep the air purifier on for at least 12 hours each day, or continuously if possible, to effectively reduce airborne contaminants. Regularly clean or replace the filters according to the manufacturer's instructions to maintain its efficiency.

Description

Air purification is the process of cleaning the air around us. Using a high-quality air purifier with a HEPA filter helps remove harmful particles like dust, smoke, and bacteria. Having clean air to breathe can help boost your health by reducing allergies, asthma problems, and even certain infections.

How it helps

Air purifiers can remove allergens and pollutants from your sleeping environment, which can improve breathing and lead to better sleep quality.

113



Kefir

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate kefir into your daily diet by drinking approximately 1-2 cups (240-480 ml) per day. It can be consumed on its own, blended into smoothies, or used as a base for salad dressings or soups. Continuous consumption over several weeks is recommended to observe its health benefits.

Description

Kefir is a fermented dairy product packed with probiotics, which can promote gut health and support digestion. Regular consumption of kefir is associated with improved digestive function and may enhance the immune system.

How it helps

Kefir, rich in tryptophan, a sleep-inducing amino acid, helps in promoting better sleep quality. Additionally, it contains probiotics that is said to influence the production of serotonin, a hormone responsible for mood and sleep regulations.

A clinical trial of 68 postmenopausal women with sleep disturbances found that kefir intake (250 mL, 2x/day) improved sleep quality and mood [\[R\]](#).

114



Avoid Large Meals

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Eating large meals before bedtime can lead to discomfort and indigestion, which can disrupt sleep and reduce overall sleep quality.

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Mindfulness

IMPACT

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EVIDENCE

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How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [\[R\]](#).

Mindfulness and other types of [meditation](#) may improve [\[R\]](#):

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness involves focusing on your current state and surroundings, which can help reduce stress and anxiety, two key factors that disrupt sleep. Practicing mindfulness can also train your mind to better control and redirect racing or negative thoughts that often lead to insomnia.

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Almonds

IMPACT

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EVIDENCE

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How to implement

Incorporate a handful of almonds (about 23 kernels) into your daily diet. You can eat them as a snack, add them to your breakfast cereals or yogurt, or include them in salads and other dishes. Do this consistently for ongoing health benefits.

Description

Almonds are a good source of omega-6s, protein and vitamins, making for a great snack food. A 1-ounce serving provides 3700 mg of omega-6.

Almonds are nutritious tree nuts that originate from the *Prunus dulcis* tree. They are packed with essential nutrients, including healthy fats, fiber, vitamin E, and magnesium, which collectively contribute to heart health, support weight management, and may help regulate blood sugar levels.

How it helps

Almonds are rich in melatonin, a hormone that regulates sleep, and magnesium, which helps your muscles relax and promote sleep. Including them in your diet can improve the quality of your sleep and reduce the likelihood of sleep disturbances.

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Mindfulness Meditation

IMPACT

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EVIDENCE

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How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness practices can reduce stress and anxiety, allowing for a calmer mind that may lead to better sleep.

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L-Serine

IMPACT

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EVIDENCE

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How to implement

Take l-serine supplements orally, starting with a dose of 500 mg per day. If well tolerated and based on the desired effect, the dose can be gradually increased, but it should not exceed 2,000 mg per day without medical advice. It's best taken with meals to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

L-serine is an amino acid essential for the production of proteins and other important molecules in the body. It plays a role in supporting brain health, immune function, and overall well-being.

How it helps

Recommendation references: [R](#)

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L-Theanine

IMPACT

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EVIDENCE

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How to implement

Take 100-400 mg of L-theanine supplement daily. It can be consumed at any time of the day, with or without food.

TYPICAL STARTING DOSE

100 mg

Description

L-theanine is an amino acid found in tea leaves, known for its calming and relaxation-promoting effects. It is often used to reduce stress and anxiety and may contribute to improved focus and cognitive performance.

[L-theanine](#) is an amino acid found in black and [green tea](#) [R].

People take L-theanine as a supplement to [R](#), [R](#), [R](#), [R](#):

- Improve cognition
- Boost immunity
- Relieve anxiety and stress

How it helps

Found in tea, especially green tea, L-theanine is an amino acid that promotes relaxation without drowsiness. It may improve sleep by reducing stress and anxiety levels and by increasing the production of GABA, a neurotransmitter that promotes relaxation and deep sleep.

In an open-label clinical trial, l-theanine (250 mg/day) was administered to 20 patients with major depressive disorder (MDD) for 8 weeks. Results showed improvements in **sleep quality**, depressive symptoms, anxiety, and cognitive function. However, further placebo-controlled studies are needed to confirm these effects [R].

A double-blind, placebo-controlled trial with 98 boys diagnosed with ADHD investigated the effects of 400 mg daily L-theanine for six weeks. L-theanine **improved sleep percentage and efficiency, and reduced nighttime activity** [R].

In a double-blind trial, 30 healthy adults received 200 mg/day of L-theanine or a placebo for four weeks. L-theanine reduced stress-related symptoms, **improved sleep quality**, and enhanced cognitive functions [R].

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Creatine

IMPACT

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EVIDENCE

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How to implement

Take 4 grams of creatine supplement daily, ideally mixed with water or juice. This dosage can be maintained consistently without needing specific periods of cycling on or off.

TYPICAL STARTING DOSE

2 g

Description

Creatine is a popular dietary supplement among athletes and bodybuilders, known to enhance muscle performance during short bursts of high-intensity activities. It may help improve exercise performance and support muscle growth when used as directed.

[Creatine](#) is a compound naturally produced by the body. It’s stored in the muscles and brain [\[R\]](#).

During exercise, creatine is released to boost performance and help build muscles. For this reason, it’s a popular supplement among athletes [\[R, R\]](#).

Sources of creatine include [\[R\]](#):

- Red meat
- Seafood
- Supplements

How it helps

Creatine, though primarily known for its muscle-building properties, may also improve sleep quality as it is involved in energy production which can enhance brain function and possibly improve sleep patterns. However, concrete evidence on creatine's direct effect on sleep is not fully established.

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Reduce Artificial Light at Night

IMPACT

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EVIDENCE

0 / 5

How to implement

Starting at least two hours before your usual bedtime, avoid using electronic devices such as smartphones, tablets, and computers. Also, consider using dim red lights for night lights, as red light has the least power to shift circadian rhythm and suppress melatonin. Try to make your sleeping environment as dark as possible by using blackout curtains or a sleep mask.

Description

Reducing artificial light exposure at night involves minimizing exposure to artificial lighting sources, which can disrupt circadian rhythms and sleep patterns. Doing so supports better sleep quality and overall well-being.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may improve your mood, performance, and sleep quality [\[R, R, R\]](#).

However, **exposure to artificial light at night**, for example through the use of phones, tablets, and computers may be harmful [\[R, R, R\]](#).

It may reduce [melatonin](#) production and throw off your [circadian rhythm](#). People with high exposure to artificial light at night like night-shift workers may have an increased risk of [\[R, R, R\]](#):

- Mood disorders (e.g., depression)
- Sleep problems
- Obesity
- Diabetes
- Cancer

How it helps

Reducing artificial light, especially blue light from screens at night, helps increase melatonin production, a hormone that regulates sleep. Therefore, lower light exposure at night can improve overall sleep quality and aid with sleep disorders.

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

