

Sleep Optimization Supplements

Help falling asleep, staying asleep, and sleeping more deeply - by supporting your body clock and winding down the nervous system.

Melatonin

Magnesium

Sleep quality

Wind-down

Jet lag

7-9h

nightly sleep most adults need

0.5-1mg

low melatonin dose that often works best

1 in 3

adults regularly fall short on sleep

1-2h

before bed to take melatonin for timing

What this category covers

Sleep supplements support two things: the timing of sleep and the wind-down that lets it happen. Melatonin is a timing signal - best at low doses to help you fall asleep or reset a shifted body clock - not a sedative. Magnesium, glycine, and L-theanine calm the nervous system and can improve sleep quality, while gentle botanicals like chamomile and valerian aid relaxation. They work best alongside consistent sleep habits, and are meant for occasional or short-term help rather than masking chronic insomnia.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Melatonin	0.5 - 3 mg	Sleep timing & body-clock reset	Strong
Magnesium (glycinate)	200 - 400 mg	Calms the nervous system; sleep quality	Moderate
Glycine	3 g	Faster sleep onset & deeper sleep	Moderate
L-theanine	100 - 200 mg	Relaxation without grogginess	Moderate
Valerian root	300 - 600 mg	Traditional sleep & relaxation aid	Limited
L-tryptophan	1 g	Serotonin/melatonin precursor	Limited
Apigenin (chamomile)	per label	Calming; supports wind-down	Limited
GABA	100 - 200 mg	Marketed for calm; weak absorption	Limited

How it helps

Support splits into two jobs: signaling sleep timing and calming you into it.



Fall asleep & reset timing

Low-dose melatonin nudges your body clock, helping you fall asleep earlier or adjust to a new time zone or schedule.



Relaxed wind-down

Magnesium, L-theanine, and chamomile calm the nervous system so the mind can settle at bedtime.



Deeper sleep quality

Glycine and magnesium are linked to faster sleep onset and more restful, higher-quality sleep.



Gentle, non-habit-forming

Used correctly and short-term, these support sleep without the dependency risk of sedative drugs.

The data at a glance

Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for sleep.



Who buys this category

Illustrative demand mix by shopper.



Who it's for & how to use

Best for

Trouble falling asleep, jet lag or shift-work schedule changes, and light, easily disrupted sleep - for occasional or short-term use.

When to take

Melatonin 0.5-1 mg about 1-2 hours before your target bedtime; magnesium and calming aids in the evening. Keep a consistent sleep schedule.

What to pair

Melatonin with magnesium for timing plus wind-down; L-theanine with glycine for relaxation.

Safety & interactions

- Melatonin is a timing signal, not a sedative - start low (0.5-1 mg); higher doses can cause grogginess without better sleep.
- For ongoing insomnia, address the causes (stress, screens, schedule) and see a doctor rather than relying on supplements.
- Valerian and other calming aids can add to the effect of alcohol and sedative medication.
- Don't drive or operate machinery if a sleep aid leaves you drowsy.
- Melatonin use in children should only be under medical guidance.

Frequently asked

How much melatonin should I take?

Less than most people assume - often 0.5-1 mg. It works as a body-clock signal, so more doesn't mean deeper sleep and can leave you groggy the next day.

Is melatonin habit-forming?

It's not addictive and doesn't cause dependence, but it's best used short-term to reset timing rather than as a nightly crutch.

Does magnesium really help sleep?

Magnesium supports the nervous system and relaxation, and many people find it improves sleep quality - especially if their intake was low to begin with.

When should I see a doctor about sleep?

If poor sleep is frequent, long-lasting, or affecting your day, get evaluated. Chronic insomnia and conditions like sleep apnea need proper diagnosis, not just supplements.

Featured products

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