

The Wind-Down Plan

For anyone who has seen the sleepy girl mocktail on their feed and wants to know what is actually behind it. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST CLEVELAND CLINIC · NIH OFFICE OF DIETARY SUPPLEMENTS

1

The evidence is thin

Cleveland Clinic's integrative medicine specialist states plainly that the studies on sleep and magnesium were all small and the evidence is thin.

2

Magnesium is not a sedative

It is not directly sleep-inducing. It may help you relax so you can get into a sleep state, which is indirect. (Cleveland Clinic)

3

The ritual may matter most

Cleveland Clinic notes the drink's role in the bedtime ritual may be more powerful than the ingredients themselves.

1. Fix the hour before bed first

This is the part with the strongest support, and it is free.

WHY THIS WORKS

Cleveland Clinic is explicit that the mocktail needs to be paired with other sleep-inducing activities to work effectively: turning off electronics an hour before sleep, calming activities before bed, and keeping regular sleep and wake times. This is called sleep hygiene, and no drink substitutes for it.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Set a fixed lights-out and wake time, including weekends
- ☐ Screens off one hour before bed
- ☐ Pick one calming pre-bed activity and repeat it nightly

2. Try the free version for two weeks

Tart cherry juice is a grocery item, not a supplement.

WHY THIS WORKS

Cleveland Clinic reports that in small studies of older adults with insomnia, drinking tart cherry juice before bed resulted in longer and more restful sleep. Tart cherries carry naturally high melatonin and tryptophan, though the dietitian quoted notes the benefit may owe as much to their anti-inflammatory effect lowering stress hormones.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Start with 4 ounces of unsweetened tart cherry juice, or half a cup of the fruit
- ☐ Drink it about an hour before bed so it has time to work through your system
- ☐ Choose juice with no added sugars
- ☐ Judge it over two weeks, not two nights

3. Only then consider a magnesium supplement

And only if the free version has genuinely had its chance.

WHY THIS WORKS

Magnesium may help regulate neurotransmitters directly related to sleep, and some studies found supplements can make it easier to fall asleep and improve sleep quality. But Cleveland Clinic notes magnesium deficiency is rare in healthy people and that a balanced diet of dairy, leafy greens, nuts, legumes and whole grains usually covers it.

DO THIS WEEK

- ☐ Keep a nightly sleep dose around 200 mg, taken about 30 minutes before bed
- ☐ Look for a named form on the label, not just the word magnesium
- ☐ Do not exceed 350 mg of supplemental magnesium daily (NIH upper limit)

4. Choose the form deliberately

The forms do not behave alike, and one of them is a laxative.

WHY THIS WORKS

Cleveland Clinic suggests magnesium glycinate or citrate for sleep and says to avoid magnesium oxide, which acts as a stool softener and is much less helpful for sleep. Supplements are not regulated by the FDA, so third-party testing and a USP seal are the practical checks on what is actually in the bottle.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Skip magnesium oxide for this purpose
- ☐ Look for third-party testing or a USP seal on the label
- ☐ Confirm the label states the form and the dose per serving

5. Know when to stop and ask

A short list of situations where this is a conversation with a doctor.

WHY THIS WORKS

Cleveland Clinic cautions that magnesium supplements can interfere with some medications, and that anyone with liver disease or kidney disease should talk to their doctor before adding them. Taking more than the recommended amount will not improve sleep and may cause stomach upset or diarrhea. Older adults, people with type 2 diabetes, gastrointestinal disorders, or alcohol use disorder are at higher risk of low magnesium.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Check with your doctor first if you take any regular medication
- ☐ Do the same if you have liver or kidney disease
- ☐ If sleep problems persist beyond a few weeks, treat it as a medical question, not a shopping one

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Sleepy Girl Mocktail: What's in It and Does It Really Make You Sleep Better? · <https://health.clevelandclinic.org/sleepy-girl-mocktail>

Cleveland Clinic, Does Magnesium Help You Sleep Better? · <https://health.clevelandclinic.org/does-magnesium-help-you-sleep>

Cleveland Clinic, Tart Cherry Juice for Sleep: Does It Really Work? · <https://health.clevelandclinic.org/do-cherries-help-you-sleep>

NIH Office of Dietary Supplements, Magnesium Fact Sheet for Consumers · <https://ods.od.nih.gov/factsheets/Magnesium-Consumer/>

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