

The One-Dose Wind-Down Plan

For anyone eyeing a shelf of sleep bottles and wondering whether one studied stack beats three pills. 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 · MAYO CLINIC PRESS · NIH OFFICE OF DIETARY SUPPLEMENTS

1

The free fixes do most of the work

A cool 60-to-67-degree room, an earlier last drink, a fixed wake time, and the 15-to-20-minute rule. (Cleveland Clinic)

2

Magnesium is the strongest-supported ingredient

It helps balance calming neurotransmitters; the sleep evidence is modest and matters most when intake runs short. (Mayo Clinic Press, NIH)

3

Theanine and apigenin are supporting cast

Theanine is linked to calm, focused relaxation without sedation; apigenin binds a calming brain receptor. Evidence is early. (Cleveland Clinic)

1. Run the four free fixes for two weeks

Before any bottle, one dose or three.

WHY THIS WORKS

Cleveland Clinic's sleep guidance carries the strongest everyday evidence on this page: a cool, dark, quiet room in the 60-to-67-degree range, alcohol finished well before bed because it fragments the back half of the night, one wake time held all seven days, and the 15-to-20-minute rule when you do wake.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Set the room inside 60 to 67 degrees F
- ☐ Hold one wake time, weekends included
- ☐ Awake past 15 to 20 minutes: chair, dim light, boring activity

2. Know what each ingredient actually does

Honest labels for all three, before you pay for any.

WHY THIS WORKS

Magnesium: Mayo Clinic Press explains it helps maintain the balance between excitatory and calming neurotransmitters, and NIH reports many U.S. diets fall short of recommended magnesium. Theanine: Cleveland Clinic links it to alpha-brainwave calm, focused relaxation, and is clear it has not been shown to induce sleep directly. Apigenin: Cleveland Clinic attributes chamomile's mild sedative effect to apigenin binding a specific calming receptor in the brain, with human evidence still emerging.

SOURCE: MAYO CLINIC PRESS · NIH ODS · CLEVELAND CLINIC

DO THIS WEEK

- ☐ Treat magnesium as the anchor ingredient, not the extras
- ☐ Expect calmer, not knocked out; nothing here is a sedative
- ☐ Check your magnesium-rich food first: greens, beans, nuts, seeds, whole grains

3. Decide: one dose or three bottles

The honest case for a stack is consistency, not potency.

WHY THIS WORKS

If magnesium alone works for you, use magnesium alone. The case for a single combined dose is practical: one thing to take at the same time each night is easier to keep doing

DO THIS WEEK

- ☐ Already own the singles? Finish them before buying anything combined

than three separate bottles, and consistency is what a fair trial requires. A stack does not make weak evidence stronger; it makes a routine simpler.

- ☐ Buying new anyway? One dose beats three decisions every night
- ☐ Whatever you pick, verify third-party testing on the label

SOURCE: EDITORIAL REASONING STATED AS SUCH; INGREDIENT CLAIMS ABOVE

4. Run a fair trial, about 30 to 60 minutes before bed

Judge it in weeks, alongside the free fixes.

WHY THIS WORKS

Cleveland Clinic suggests taking magnesium about 30 minutes before bed, and Mayo Clinic Press recommends giving a magnesium trial real time rather than judging it in days. Keep the free fixes running through the whole trial, and judge on how easily you wind down and fall back asleep, not on never waking.

SOURCE: CLEVELAND CLINIC · MAYO CLINIC PRESS

DO THIS WEEK

- ☐ Same dose, same time, every night of the trial
- ☐ Keep the free fixes running; they carry the evidence
- ☐ Kidney or liver disease, or interacting medications: doctor first

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Why You Keep Waking Up at 3 a.m. · <https://health.clevelandclinic.org/why-do-you-always-wake-up-at-3-a-m>

Cleveland Clinic, What Is the Best Temperature for Sleep? · <https://health.clevelandclinic.org/what-is-the-ideal-sleeping-temperature-for-my-bedroom>

Cleveland Clinic, 8 Ways To Improve Your Sleep Hygiene · <https://health.clevelandclinic.org/sleep-hygiene>

Mayo Clinic Press, Magnesium for Sleep: Benefits and Guide · <https://mcpress.mayoclinic.org/living-well/magnesium-for-sleep-what-you-need-to-know-about-its-benefits/>

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

Cleveland Clinic, L-theanine Benefits · <https://health.clevelandclinic.org/l-theanine>

Cleveland Clinic, Bedtime Teas for Better Sleep (apigenin) · <https://health.clevelandclinic.org/tea-for-sleep>

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

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