

The Sleep Mineral Plan

For anyone who keeps waking at 3am and wonders whether magnesium is the missing piece. 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

It relaxes, it does not sedate

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

2

The evidence is thin

The sleep studies were all small, and the evidence is thin. Some people find it helps. (Cleveland Clinic)

3

Deficiency is rare in healthy people

Magnesium is widely available in food and deficiency is rare in healthy people, though some groups are at higher risk. (Cleveland Clinic)

1. Fix the sleep routine before the supplement

This is the part Cleveland Clinic puts first, and it costs nothing.

WHY THIS WORKS

Cleveland Clinic is blunt that magnesium is no substitute for a good sleep routine, and names other supplements it would recommend first, including melatonin, valerian and chamomile tea. Its integrative medicine specialist advises limiting caffeine, creating a dark and cool sleeping environment, and keeping devices out of the bedroom before bed.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Set a consistent sleep and wake time, seven days a week
- ☐ Cut screens and bright light for the last hour
- ☐ Keep the room dark and cool

2. Check whether you are actually in an at-risk group

Most healthy people are not short on magnesium.

WHY THIS WORKS

Cleveland Clinic notes magnesium is widely available in dairy, leafy greens, nuts, legumes and whole grains, and that deficiency is rare in healthy people. It lists higher-risk groups as older adults and people with type 2 diabetes, a gastrointestinal disorder, or alcohol use disorder. The NIH Office of Dietary Supplements sets the adult recommended intake at 310 to 420 milligrams a day, most of which a reasonable diet already covers.

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

DO THIS WEEK

- ☐ Eat magnesium-rich foods first: greens, nuts, legumes, whole grains
- ☐ Ask whether you fit an at-risk group before supplementing
- ☐ If you take medication, ask your doctor about interactions

3. If you supplement, pick the form and dose deliberately

The form on the label changes the answer.

WHY THIS WORKS

Cleveland Clinic suggests magnesium glycinate or citrate for sleep and says to avoid magnesium oxide, which acts as a stool softener. Its specialist suggests keeping a nightly sleep

DO THIS WEEK

- ☐ Choose a named form: glycinate, citrate, or L-Threonate
- ☐ Keep the nightly dose modest, around 200 mg, about 30 minutes before bed

dose around 200 milligrams, taken about 30 minutes before bed. Because supplements are not tightly regulated, Cleveland Clinic advises looking for third-party testing and a United States Pharmacopeia seal.

SOURCE: CLEVELAND CLINIC

☐ Look for independent third-party testing on the label

4. Respect the ceiling and the interactions

More is not better, and it can backfire.

WHY THIS WORKS

The NIH Office of Dietary Supplements caps supplemental magnesium at 350 milligrams a day for adults and notes that high supplement intakes can cause diarrhea, nausea and abdominal cramping. It also lists interactions with bisphosphonates, some antibiotics, diuretics and acid-reflux drugs. Cleveland Clinic adds that anyone with liver or kidney disease should speak to a doctor first.

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

DO THIS WEEK

- ☐ Do not exceed 350 mg from supplements without medical advice
- ☐ Space it away from antibiotics and bisphosphonates
- ☐ Clear it with your doctor if you have liver or kidney disease

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

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