

The Magnesium or Melatonin Plan

For anyone staring at two supplement bottles and wondering which one, if either, is right for their sleep. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST JOHNS HOPKINS MEDICINE · CLEVELAND CLINIC · NIH OFFICE OF DIETARY SUPPLEMENTS

1

Melatonin is a timing signal

Johns Hopkins says melatonin does not make you sleep. Rising levels put you in a state of quiet wakefulness, and it is most useful for jet lag or a shifted schedule. (Johns Hopkins)

2

Magnesium supports winding down

Cleveland Clinic frames magnesium as a relaxation mineral that may help sleep quality, while noting the sleep studies are small and the evidence is thin. (Cleveland Clinic)

3

The free steps beat both

Morning daylight, a fixed wake time, and a cool dark room do more for most people than either bottle. (Johns Hopkins)

1. Fix light and schedule first

This is the part that outperforms both bottles, and it is free.

WHY THIS WORKS

Johns Hopkins recommends getting daylight in the morning and afternoon to program your body to make its own melatonin at the right time, and keeping lights and screens low in the last hour before bed, because blue and green light can neutralize melatonin's effects. A fixed wake time and a cool, dark room round out the free fixes.

SOURCE: JOHNS HOPKINS MEDICINE

DO THIS WEEK

- ☐ Get outside for morning and afternoon light
- ☐ Screens and bright light off in the last hour
- ☐ Fixed wake time, seven days a week
- ☐ Keep the bedroom cool and dark

2. Match the tool to the problem

The choice is simple once you name what is keeping you up.

WHY THIS WORKS

Cleveland Clinic notes melatonin is most useful for shift work or jet lag and has not been found to help typical insomnia. Johns Hopkins suggests a small dose, 1 to 3 milligrams about two hours before bed, short-term, for a timing problem. For a winding-down problem at a normal bedtime, Cleveland Clinic points to a well-absorbed magnesium such as glycinate, if your intake runs short.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Timing or jet lag problem points to melatonin, short-term
- ☐ Wired-but-normal-bedtime points to magnesium
- ☐ Keep melatonin at 1 to 3 mg, two hours before bed
- ☐ Do not stack both without a reason

3. If you choose magnesium, run a fair trial

Judge it over weeks, not one night.

WHY THIS WORKS

Cleveland Clinic describes magnesium as support for relaxation, not a sedative, so the change is gradual. The NIH Office of Dietary Supplements notes a real shortfall is uncommon in healthy people, so food comes first: greens,

DO THIS WEEK

- ☐ Eat magnesium-rich foods first
- ☐ Give a supplement a fair 4-week trial
- ☐ Take it 30 to 60 minutes before bed
- ☐ Judge it on how calmly you settle

nuts, legumes, and whole grains. If you supplement, L-Threonate is the form studied to reach the brain.

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

4. Respect the cautions on each

A few clear reasons to check with a doctor first.

WHY THIS WORKS

Johns Hopkins says to skip melatonin during pregnancy or breastfeeding, or with an autoimmune, seizure, or depressive disorder, and to ask a provider first with diabetes or high blood pressure. For magnesium, Cleveland Clinic and the NIH note that anyone with kidney disease should talk to a doctor, since the kidneys clear the excess.

SOURCE: JOHNS HOPKINS MEDICINE

DO THIS WEEK

- ☐ Skip melatonin if pregnant or breastfeeding
- ☐ Ask a provider first with diabetes or high blood pressure
- ☐ Clear magnesium with your doctor if you have kidney disease
- ☐ Stop melatonin after one to two months and reassess

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Johns Hopkins Medicine, Melatonin for Sleep: Does It Work? · <https://www.hopkinsmedicine.org/health/wellness-and-prevention/melatonin-for-sleep-does-it-work>

Cleveland Clinic, Can Melatonin Really Help You Sleep Better? · <https://health.clevelandclinic.org/can-melatonin-really-help-sleep-better>

Cleveland Clinic, Why Magnesium May 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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