

# The Three-Ingredient Sleep Plan

For anyone tired of underdosed sleep gummies who wants to know what the research actually supports. 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

## Three real calming pathways

Magnesium, L-theanine, and apigenin each act on the brain's GABA and relaxation systems, with published research behind them. (Cleveland Clinic)

2

## Support, not sedation

These are relaxation supports that help you settle, not knock-out sedatives. Expect gradual change. (Mayo Clinic Press)

3

## Free fixes come first

A cool dark room, morning light, and a fixed wake time do the heavy lifting before any capsule. (Cleveland Clinic)

## 1. Run the free wind-down fixes first

They outperform any supplement, and cost nothing.

### WHY THIS WORKS

Cleveland Clinic points to the basics that most improve sleep: a cool, dark, quiet room, consistent morning light, and a fixed wake time seven days a week. Give these two weeks before you judge whether you need anything else.

SOURCE: CLEVELAND CLINIC

### DO THIS WEEK

- ☐ Keep the bedroom cool and dark
- ☐ Fixed wake time, weekends included
- ☐ Morning daylight within an hour of waking
- ☐ Screens down in the last hour

## 2. Know what each ingredient actually does

Real mechanisms, honest limits.

### WHY THIS WORKS

Cleveland Clinic describes L-theanine as an amino acid that promotes relaxation, partly by supporting GABA, though its sleep evidence is modest. Apigenin, the calming flavonoid in chamomile, binds GABA-A receptors. Mayo Clinic Press links magnesium to better sleep quality, especially if you run short.

SOURCE: CLEVELAND CLINIC

### DO THIS WEEK

- ☐ Magnesium supports the settling
- ☐ L-theanine supports daytime and evening calm
- ☐ Apigenin is the chamomile calming compound
- ☐ None is a sedative

## 3. Check the dose, not the label hype

This is where fairy-dust gummies fail.

### WHY THIS WORKS

Many gummies list calming ingredients at a fraction of any studied amount, so the label reads well while the dose does nothing. A stack that publishes its per-serving amounts lets you see whether you are getting a real dose or a sprinkle.

SOURCE: CLEVELAND CLINIC

### DO THIS WEEK

- ☐ Read the per-serving amount, not just the name
- ☐ Be wary of proprietary blends
- ☐ Prefer products that publish third-party tests
- ☐ Ignore sleep-cure promises

## 4. Run a fair 4-week trial

Judge it over weeks, taken before bed.

### WHY THIS WORKS

Because these ingredients support relaxation rather than force sleep, the change is gradual. Take the stack about 30 minutes before bed alongside the free fixes, and judge it on how calmly you settle, not on never waking. The NIH notes magnesium shortfall is uncommon in healthy people, so food comes first here too.

### DO THIS WEEK

- ☐ Take it about 30 minutes before bed
- ☐ Keep the free fixes running
- ☐ Judge over four weeks, not one night
- ☐ Eat magnesium-rich foods too

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

### EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

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

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

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

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

This content is educational and is not a substitute for professional medical advice, diagnosis, or treatment. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician before making changes to your health routine.

Ageless Coach · [agelesscoach.com](https://agelesscoach.com) · July 2026