

The Glycine Sleep Plan

For anyone who wakes unrested and is weighing glycine for sleep. Every line below restates a claim verified against Tier-1 medical sources and peer-reviewed trials. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST CLEVELAND CLINIC · PEER-REVIEWED SLEEP TRIALS

1

It cools, it does not sedate

Glycine's sleep effect runs through a small drop in core body temperature, the same drop your body makes on its own before sleep. It is a cue, not a knockout. (peer-reviewed sleep trial)

2

The evidence is modest

In a small trial, 3 grams of glycine before bed left sleep-restricted people less fatigued and less sleepy the next day. Subjective and small, but real. (peer-reviewed sleep trial)

3

Habits come first

A cool, dark, quiet bedroom and a consistent schedule do more for sleep than any capsule. (Cleveland Clinic)

1. Build the cool, dark, consistent bedroom first

This is what the sleep evidence actually rests on, and it is free.

WHY THIS WORKS

Cleveland Clinic keeps the bedroom in a narrow band, 60 to 67 degrees Fahrenheit, because your core body temperature falls as part of the sleep initiation process and a cool room works with that drop. It also names the basics that beat any supplement: dark, quiet, and a consistent bed and wake time. Glycine, if it helps at all, is nudging the same temperature signal these habits set up.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Set the bedroom to 60 to 67 degrees Fahrenheit
- ☐ Make it dark and quiet, screens out of reach
- ☐ Keep the same bed and wake time, seven days a week

2. If you try glycine, use the studied dose and timing

The number and the clock both matter.

WHY THIS WORKS

The human trials that found a benefit used 3 grams of glycine taken about an hour before bed. In sleep-restricted volunteers, that dose reduced fatigue and the tendency toward daytime sleepiness. At Thorne's 1 gram per 2-capsule serving, 3 grams is six capsules. Give it a fair two-week trial and judge it on how you feel, not on the first night, and stop if nothing changes.

SOURCE: PEER-REVIEWED SLEEP TRIAL

DO THIS WEEK

- ☐ Take 3 grams (six capsules at 1 g per serving) about an hour before bed
- ☐ Run a fair two-week trial before deciding
- ☐ Judge it on daytime energy, not a single night

3. Clear the interactions and keep expectations honest

This is thin-to-moderate evidence, and it should be treated that way.

WHY THIS WORKS

The trials are small and lean on subjective sleep ratings, so glycine is a gentle nudge, not a treatment for insomnia. Amino acids can interact with prescription medicines, so anyone pregnant, nursing, or on medication should clear it

DO THIS WEEK

- ☐ Pregnant, nursing, or on medication? Ask your doctor first
- ☐ Look for third-party testing on the label
- ☐ Treat it as a nudge, not a cure

with a clinician first. Because supplements are not reviewed by the FDA before sale, third-party testing on the label is what tells you the capsule matches its claim.

SOURCE: PEER-REVIEWED SLEEP TRIAL

4. Know when to stop buying supplements and see a clinician

Persistent sleeplessness is a medical question, not a shopping one.

WHY THIS WORKS

MedlinePlus is clear that continued trouble sleeping can signal a disorder such as insomnia or sleep apnea, and that the right next step is a health care provider, sometimes a sleep study, not another bottle. If two weeks of good habits plus a fair glycine trial change nothing, that is your signal to stop experimenting and get evaluated.

SOURCE: MEDLINEPLUS

DO THIS WEEK

- ☐ If two weeks of habits plus glycine do nothing, stop guessing
- ☐ Book a provider if sleep trouble is frequent or worsening
- ☐ Ask specifically about insomnia and sleep apnea

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

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

MedlinePlus, Healthy Sleep · <https://medlineplus.gov/healthysleep.html>

The sleep-promoting and hypothermic effects of glycine (PubMed) · <https://pubmed.ncbi.nlm.nih.gov/25533534/>

Effects of glycine on subjective daytime performance in partially sleep-restricted volunteers (PubMed) · <https://pubmed.ncbi.nlm.nih.gov/22529837/>

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