

The Glycine and Sleep Cheat Sheet

Glycine is an amino acid your body already uses. Taken before bed, it appears to lower your core temperature, the same drop that normally signals sleep. The research is early and the studies are small, but the mechanism is real and the dose is modest. Here is the whole picture on two pages.

What the evidence actually says

- 1** 3 grams: the dose used in the small human sleep studies, taken 30 to 60 minutes before bed.
- 2** Core temperature: glycine appears to lower it, the same cooling that normally triggers sleep.
- 3** Small studies: only a few human trials exist, and some were run in part by glycine manufacturers.
- 4** Already in food: bone broth, meat, eggs, dairy and beans supply a few grams a day.
- 5** Well tolerated: the 3 gram dose was well tolerated in studies; larger doses can cause nausea.

The plan and the safety line are on page 2.

Your 3-step plan

Step 1: Cool the room before you reach for a pill

Sleep specialists recommend a bedroom around 60 to 67 degrees so your core temperature can fall the way sleep requires. Fixing a warm, stuffy room is free and often does more than any supplement can.

Step 2: Start with your dinner plate

Glycine is already in bone broth, meat, eggs, dairy and beans, and most people get a few grams a day from food. A protein-rich evening meal is a sensible first step before you buy anything in a bottle.

Step 3: If you supplement, keep it small and timed

The studied dose is about 3 grams, taken 30 to 60 minutes before bed, and that amount was well tolerated in the research.

The safety line

Larger doses can cause nausea. Check with your provider before starting, especially if you take other medication.

This plan pairs with the full article, sources and all: agelesscoach.com/articles/the-amino-acid-that-cools-you-to-sleep

Educational information, not medical advice. These statements have not been evaluated by the FDA. This plan is not intended to diagnose, treat, cure, or prevent any disease. Check with your healthcare provider before starting any supplement, especially alongside medication.