

ANABOLIC SLEEP

SLEEP
SUPPLEMENTS
BLACK BOOK

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THE END OF BAD SLEEP

Natural time-tested sleep aids may be worth a try. Herbs and supplements have far fewer side effects than pharmaceutical drugs (which you should NEVER take).

However, even herbs will lose their impact as your body adapts to them. That is why using other sleep secrets (found in anabolic sleep) or cycling supplements is so important.

If you wish to discontinue taking pharmaceutical sleep aids, do so slowly by using these natural sleep aids to transition off them.

Take natural sleep aids only when needed.

The following herbs and supplements reduce stress and have a calming effect to help you sleep:

Valerian Root

One of the most effective natural remedies for insomnia. After using it for a few weeks, many people notice an improvement in their ability to relax and enjoy a deep sleep.

Valerian and hops are used as sedatives without risky side effects. Valerian is also combined with St. John's wort, the well-known herb used for moodiness and depression.

Other benefits:

1. reduces anxiety
2. Promotes a state of relaxation as you begin to fall asleep and long after you've drifted off
3. Creates a favorable sleep environment in which your body produces anti-aging GH.

L-Theanine

Amino Acid has been shown to promote relaxation and deep sleep.

Honokiol or magnolia bark extract

A good natural anxiety/stress reducer with a long history in Eastern medicine for healthy relaxation and a good night's sleep

Calcium magnesium citrate capsules

Taken at bedtime can calm the nervous system. Other option is a glass of warm milk.

Magnesium supplements

Magnesium is a wonderful muscle relaxant. The best way to absorb magnesium is to spray magnesium oil on your skin or add it to your bath. Try this Magnesium Oil Spray (even though it's called magnesium oil it's not oily) or add a cup of Epsom salts to your bath and soak it in for 20 minutes

Glycine

Glycine is an amino acid and neurotransmitter found mainly in foods that contain gelatin, like meat and various types of seafood.

Research shows that supplementation with glycine before bed...

1. Reduces the time it takes to fall asleep
2. Improves sleep quality
3. Reduces feelings of fatigue caused by impaired sleep
4. Improves cognitive performance when sleep is impaired

Melatonin

Melatonin is a hormone produced by the brain that regulates sleep. It's also found in foods like tomatoes, walnuts, strawberries, and olive oil.

Although melatonin is a "go-to" supplement for improving sleep quality, and it can help in this regard, maintaining proper sleep cycles is more important. No amount of melatonin supplementation can compensate for what you lose through poor sleep hygiene.

That said, research does show that supplementation with melatonin...

1. Reduces the time it takes to fall asleep
2. Can improve sleep quality for those with insomnia
3. Reduces symptoms of jet lag
4. Can improve memory encoding

One note: research shows that the benefits of melatonin aren't dose dependent. That is, taking more will not help you fall asleep faster. 500mcg - 5mg is the dosage range.

Lemon Balm

Lemon balm (*Melissa officinalis*) is an herb that has been used medicinally since ancient Greek times to relieve anxiety and agitation and promote sleep.

Research shows that supplementation with lemon balm...

1. Improves sleep quality
 2. Reduces feelings of anxiety and stress and induces feelings of calmness
 3. Improves memory
 4. Reduces symptoms of anxiety-related insomnia
- The clinically effective dosage of lemon balm ranges between 300 and 1,200 milligrams.

Rutaecarpine

Rutaecarpine is a molecule found in the *Evodia rutaecarpa* plant, which produces berries that have been used in Traditional Chinese Medicine to raise body temperature and reduce pain and gastrointestinal distress.

Extracts of the plant's fruit are being investigated for potential thermogenic and anti-cancer properties, but research on these effects is too preliminary to draw conclusions just yet.

What is well established, however, is that the rutaecarpine molecule found in the fruit significantly reduces caffeine levels in the body.

Having caffeine before a workout provides several notable benefits: greater strength, muscle endurance, and anaerobic exercise capacity.

Unfortunately, as we all know, it also interferes with sleep, and more significantly than many people realize. Studies show that that 400 milligrams of caffeine—a little more than the amount found in one serving of most pre-workout supplements—taken up to six hours before going to bed can reduce total sleep by more than one hour.

This means that many people who exercise later in the day simply can't have caffeine, which isn't ideal for maximizing performance and results.

Rutaecarpine helps mitigate this drawback by eliminating caffeine from the body, allowing for both pre-workout caffeine consumption and restful sleep.

Clinically effective dosages of rutaecarpine haven't been well established yet, but anecdotal evidence has shown that 100 milligrams is effective for negating caffeine.

5-Hydroxy-L-Tryptophan

The amino acid tryptophan is the culprit behind all your thanksgiving hangovers as its found abundantly in turkey.

1. supports serotonin synthesis.
2. Increases the percentage of deep sleep hours during your time asleep.

3. Reduces the likelihood of waking up feeling like you barely slept.

The 2 supplements I cycle

LUNAR by Legion Athletics

LUNAR contains clinically effective dosages of safe, natural ingredients that help you relax and fall asleep faster, stay asleep longer, sleep more deeply, and wake up feeling rested, restored, and ready for the day.

You can pick it up here: <https://legionathletics.com/products/supplements/lunar/>

GH PEAK

Growth Hormone naturally rises in the first couple of hours of deep sleep, and is a crucial component for growth and repair overnight. Growth Hormone is not only important for growth, but also has tremendous fat burning capabilities. Being able to improve your natural growth hormone response through GH Peak™ will not only augment muscle development and fat burning, but also preserve your youthful healing and recovery abilities so that you can perform like a younger version of yourself.

Pick it up here: <https://www.bluestarnutraceuticals.com/products/ghpeak>

My Insomnia Killers

Getting to sleep is the most difficult part of my night. Sometimes when I'm taking a break from the 2 supplements above or I am out of them, I will opt for one of these 2 concoctions.

Disclaimer: It's not mine. I blatantly stole these from a former insomniac friend but they are definitely worth sharing.

Option 1 Yogi Bedtime Tea (Caramel)

Formulated to support relaxation, Chamomile Flower, Skullcap and L-Theanine are blended to help calm the body and mind for a good night's sleep. Sweet Rooibos, Caramel and Vanilla flavors combine for a delicious and warming tea.

Get it here: <https://www.yogiproducts.com/teas/rest-relax-teas/soothing-caramel-bedtime/>

Option 2 Honey + Apple Cider Vinegar + Warm Water

2 tablespoons of apple cider vinegar

1 tablespoon of honey

1/2-1 cup of warm/hot water

Not sure why it works exactly, but I find it knocks me out cold on the regular.