

Mastering Sleep Supplements for Sleep

Sleep problems will affect every aspect of your life and is one of the more frustrating aspects of depression. If you never really solve your sleep issue, you won't ever really solve your depression.

The first four weeks will set you up to start getting perfect sleep. Getting more nutrients through the basic supplements, restoring your serotonin with amino acids, eating more protein and healthy fats, exercising, and using a form of stress reduction like meditation is usually enough for people to zonk out easily when night comes. If, however, you still find yourself struggling in the sleep department there are more ways to attack it.

*Note: If you buy through the links I provide, I get a small commission (about \$0.10). Feel free to search on your own for the supplements if you don't want to use my link.

Supplements For Sleep

[Holy Basil](#) has been shown to reduce cortisol (Sembulingam K, Sembulingam P, Namisavayam A. Effect of *Ocimum sanctum* Linn on noise induces changes in plasma corticosterone level) and therefore reduce overall stress levels. Holy basil won't knock you out, but it will take the edge off so that you can relax and fall asleep naturally.

[5-HTP](#) or [L-Tryptophan](#) are powerhouses when it comes to curing insomnia. One of my readers fixed his year long Xanax addiction by using L-Tryptophan to sleep. Melatonin is produced by leftover serotonin at night. That's why depression and insomnia can be a paradox – the more depressed you feel and tired you get the less you sleep. Some people feel more depressed when they take melatonin or melatonin doesn't work for them (I also don't think melatonin is the best for being used long-term) and in that case taking a 5-HTP or L-Tryptophan at night can work wonders for you.

[Valerian Root](#) is great to use if you need something with a little more strength to make you fall asleep at night. It is also great to use if you find yourself waking up in the middle of the night. If you wake up halfway through the night, you can wander into the kitchen and take a dropper full of valerian root and fall back asleep. Valerian root can cause dependency, so it is a short-term solution to get your sleep cycle back. If you use it everyday, you will build tolerance to it.

Minerals For Sleep

[Calcium](#) and [Magnesium](#) are two minerals that are described by many to act like natural tranquilizers. They calm you down and make you sleep soundly and sleep through the entire night. Some people find that calcium is better for sleep and other people find that magnesium is better for sleep. Some people find that a combination of the two works the best.

If you have a hard time sleeping, I would *strongly* suggest trying magnesium and/or calcium and seeing how it affects your sleep!

What About Dependency?

The only thing you have to worry about is Valerian Root. The great thing about 5-HTP, Holy Basil, L-Tryptophan, calcium, and magnesium is that they don't produce dependence. In fact, I encourage everyone to try to stop taking them after a while to see if they can sleep fine once they've resolved the core issues of a lack of serotonin or magnesium deficiency.

Other Mentions

If you still can't sleep, some people have found success with the following supplements:

- [L-Theanine](#) – the ingredient found in green tea that calms people down and helps them focus. Many people have used L-Theanine to reduce anxiety and rid themselves of insomnia
- [Chamomile tea](#) – this actually does work for many people. One person in the military that I know said that he started drinking chamomile tea a few years ago before bed and he has been sleeping great ever since.
- [GABA](#) – the amino acid that shuts off excitatory functions in the brain has helped a lot of people calm down and sleep better
- [Potassium](#) – if you find that you keep waking up in the middle of the night due to cramps, extra potassium can reduce cramps. The less cramps you have, the better you will sleep.