

Nutrients and Supplements That Can Improve Your Sleep Quality

3K Shares       

July 05, 2018

Available in: English ▾

[← Previous](#)

[Next →](#)

STORY AT-A-GLANCE

- > There are many ways to improve your sleep, including supplements and addressing certain nutrient deficiencies, such as vitamin D, vitamin C and vitamin B12 deficiencies — all of which can impact sleep quality
- > Certain minerals are also important for sleep, including magnesium, potassium and calcium
- > Amino acids and hormones that play important roles in sleep and can be augmented through supplementation include tryptophan, melatonin and 5-HTP
- > Herbal sleep aids that can help you fall asleep faster and easier include CBD oil, valerian root and chamomile
- > Two commonly overlooked environmental factors that can rob you of sleep — exposure to blue light and electromagnetic fields — are also addressed



By Dr. Mercola

If you intend to live a long and healthy life, sleep needs to be a priority. Anyone struggling with chronic disease — which is at least half the adult population in the U.S. — would be wise to take heed, as sleep cannot only contribute to the problem but also counteract any healthy lifestyle strategies you're using to address it.

As a general guideline, seek to get right around eight hours of sleep every night. Anything below seven hours really starts to impact your health (if you're an adult). The good news is there are many ways to improve your sleep, including nutrients, which is the main focus of this article. While I don't recommend relying on sleep aids long-term, certain supplements can help improve sleep, and can be used while you're implementing more permanent changes.

A number of vitamins, minerals, amino acids and hormones are also critical for sleep quality, and deficiency in one or more of them may be part of your problem if you're struggling with poor sleep. Lastly, I'll address two commonly overlooked environmental factors that can rob you of sleep, namely your exposure to blue light and [electromagnetic fields \(EMFs\)](#).