

Best Supplements for Improving Sleep | Dr. Andrew Huberman

<https://silosolo.com/556813>

Summary

The video discusses different supplements that can help with falling back asleep and trouble falling asleep. Myoinositol and Theanine are recommended for falling back asleep in the middle of the night, while Magnesium 3 and 8, Bisglycinate, and Apogenin are recommended for trouble falling asleep. The recommended approach to supplementing for better sleep is to try a single ingredient formulation for about a week and evaluate its effectiveness before adding a second supplement or swapping to a different one. It is important to systematically test different supplements individually before combining them.

Silo sample questions

- What supplements can help with falling back asleep in the middle of the night?
- What are the recommended dosages for Myoinositol and Theanine?
- What supplements can help with trouble falling asleep?
- What is the recommended approach to supplementing for better sleep?
- What is the rational approach to supplementing?

Topics

Supplements

Falling back asleep

Trouble falling asleep

Rational approach to supplementing

Key Takeaways

- Myoinositol and Theanine.
- Myoinositol: 900 mg. Theanine: 100-400 mg depending on body weight and experience.
- Magnesium 3 and 8, Bisglycinate, and Apogenin.
- Try a single ingredient formulation for about a week and see how it affects sleep. Then, evaluate and consider adding a second supplement or swapping to a different one.
- Systematically try different supplements and evaluate their effectiveness individually before combining them.

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