

ADVANCED RELIEF CHIROPRACTIC

Sleep Protocols

Core Sleep Practices:

- **Consistent Sleep Schedule** – Go to bed and wake up at the same time daily.
 - **Morning Sunlight Exposure** – 2–10 min of sunlight within 30–60 min of waking.
 - **Limit Evening Light** – Dim lights and avoid screens 1–2 hours before bed.
 - **Cool Environment** – Keep the room around **65-68°F**.
 - **Limit Stimulants** – Avoid caffeine 8–10 hours before bed.
 - **Sip Water** – Late in day sip, don't gulp large amounts of liquids to reduce bathroom trips
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Supplement Stack for Sleep (Use As Needed, about 1 hour before bedtime)

Supplement	Dosage	Purpose
Magnesium Threonate/Magtein	200-400 mg	Improves relaxation, sleep depth
L-Theanine	100-400 mg	Reduces anxiety, promotes calmness
Apigenin (from chamomile)	50 mg	Enhances relaxation
Myo-Inositol (optional)	500-1,000 mg	Helps with early waking & anxiety

Additional Tips:

- **Wake Up Early?** Try **Myo-Inositol (500-1000 mg)** at night.
- **Occasional Jet Lag / Insomnia?** Use **Melatonin (0.3–3 mg)**, but not regularly.
- **Waking Up in the Middle of the Night?** Take **Glycine (2-5 g) + Magnesium**.
- **For Stress-Related Sleep Issues:** Consider **Ashwagandha (300-600 mg)** in the evening or practice Non Sleep Deep Rest, Yoga Nitra, Box Breathing, or Cyclic Sighing to relax.

⚠ **Disclaimer:** Consult your prescribing doctor before taking supplements, especially if on medication or with health conditions.

Most importantly! Regular chiropractic adjustments help promote relaxation, reduce stress and inflammation, and more comfortable sleep.

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