Vitamin A: Studies suggest vitamin A deficiency alters brain waves in non-REM sleep causing sleep to be less restorative.

Zinc & Copper: Both interact with NMDA (N-methyl-D-aspartate) receptors in the brain that regulate sleep; A higher Zn/Cu ratio is linked to longer sleep duration.

Oleic Acid: This fatty acid is a precursor of oleamide, which regulates our drive for sleep and tends to accumulate in the spinal fluid of sleep-deprived animals. Oleic acid also facilitates the absorption of vitamin A.

Vitamin B1 (Thiamin): In clinical trials, supplementation of healthy individuals that had marginal B1 deficiency improved their sleep.

Vitamin B3 (Niacin): Increases REM sleep; Improves both quality and quantity of sleep by converting tryptophan to serotonin.

Folate & Vitamin B6: Both are cofactors for several neurotransmitters in the brain such as serotonin and dopamine, many of which regulate sleep patterns.

Vitamin B12: Normalizes circadian rhythms (sleep-wake cycles); Therapeutic benefits of B12 supplementation, both oral and intravenous, seen in studies.

Vitamin B3 (Niacin): Increases REM sleep; Improves both quality and quantity of sleep by converting tryptophan to serotonin.

Magnesium: Improving magnesium status is associated with better quality sleep; Mimics the action of melatonin; Also alleviates insomnia due to restless leg syndrome.

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REFERENCES


