INSOMNIA

Vitamin A
Studies suggest vitamin A deficiency alters brain waves in non-REM sleep causing sleep to be less restorative.24,25

Vitamin B1 (Thiamin) In clinical trials, supplementation of healthy individuals that had marginal B1 deficiency improved their sleep.12,23

Vitamin B3 (Niacin) Increases REM sleep; Improves both quality and quantity of sleep by converting tryptophan to serotonin.4,5

Folate & Vitamin B6
Both are cofactors for several neurotransmitters in the brain such as serotonin and dopamine, many of which regulate sleep patterns.4,6,7,8,9

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.15,19,20

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.21,22,23

Magnesium
Improving magnesium status is associated with better quality sleep; Mimics the action of melatonin; Also alleviates insomnia due to restless leg syndrome.14,15,16,17,18

Vitamin B12
Normalizes circadian rhythms (sleep-wake cycles); Therapeutic benefits of B12 supplementation, both oral and intravenous, seen in studies.10,11,12,13

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REFERENCES


19. Song CH, Kim YH, Jung KL. Associations of Zinc and Copper Levels in Serum and Hair with Sleep Duration in Adult Women. Biol Trace Elem Res 2012;Epub ahead of print


