Mandarin Wellness Center Shirley Hartman, M.D.
9283 San Jose Blvd B-2, S-1 (904) 268-5826
Jacksonville, Fl. 32257 (904) 268-5873

**Things to Help Sleep**

- Keep your bedroom dark and quiet when you sleep

- Use the bed only for sleep and sex

- Set the thermostat low

- Avoid greasy and spicy foods during the last meal of the day

- Avoid stimulating activities before bed

- Exercise at least 3 – 4 hours before bed

- Keep your hours of sleep consistent, even on days off or weekends

- Try to avoid rotating work shift hours

- White Noise machines

- Cognitive Behavioral Therapy for Sleep

- Websites: Sleepio or Shuti (for other resources)

**Supplements To Help Fall Asleep:** (Start one at a time, but OK to combine once you find what’s helpful)

 1.) Magnesium 200-600 mg +/- Calcium 300-1000 mg; 1 hour before bedtime or at supper

2.) Melatonin 3-10mg; 1 hour before bed and or

3.) 5-HTP (hydroxy-tryptophan) 50-100mg; 1 hour before bed

 4.) GABA 500 – 1000 mg; to calm brain

 5.) Niacinamide 250 – 500 mg; near bedtime breaks down inflammatory Glutamate

6.) Other Supps that you can try: Passionflower, Night Time Herbs, Hops, Melissa AKA Lemon Balm.

To improve the depth and quality of sleep, but no help to get to sleep.

Valerian 1-2 caps at bedtime; use nightly for at least 2 weeks.

**Medications:**

1.) Antidepressants: Elavil (amitriptyline), Tofranil (imipramine), Doxepin (Sinequan), Desyrel
 (Trazodone), Prozac, Paxil, Zoloft, Remeron, Flexeril, Gabapentin.

 2.) Muscle Relaxers: Flexeril, Soma, Tizanidine

 Valium class (these can be addictive): Restoril, Xanax, Dalmane, Halcion, Klonepin

 3.) Ambien (very effective, supposedly non-addictive, only supposed to be written for one month)

 4.) Sonata, Lunesta and Rozerem.

 02/2022