

<https://www.healthline.com/nutrition/17-tips-to-sleep-better#7.-Consider-these-other-supplements>

Several supplements can induce relaxation and help you sleep, including:

- **Ginkgo biloba:** A natural herb with many benefits, it may aid sleep, relaxation, and stress reduction, but the evidence is limited. Take 250 mg 30–60 minutes before bed ([51Trusted Source](#)).
- **Glycine:** A few studies show that taking 3 grams of the [amino acid](#) glycine can improve sleep quality ([52Trusted Source](#), [53Trusted Source](#), [54Trusted Source](#)).
- **Valerian root:** Several studies suggest that valerian can help you fall asleep and improve sleep quality. Take 500 mg before bed ([55Trusted Source](#), [56Trusted Source](#), [57Trusted Source](#)).
- **Magnesium:** Responsible for [over 600 reactions](#) within your body, magnesium can improve relaxation and enhance sleep quality ([58Trusted Source](#), [59Trusted Source](#), [60Trusted Source](#)).
- **L-theanine:** An amino acid, L-theanine can improve relaxation and sleep. Take 100–200 mg before bed ([61Trusted Source](#), [62Trusted Source](#)).
- **Lavender:** A powerful herb with many health benefits, lavender can induce a calming and sedentary effect to improve sleep. Take 80–160 mg containing 25–46% linalool ([63Trusted Source](#), [64Trusted Source](#), [65Trusted Source](#), [66Trusted Source](#), [67Trusted Source](#), [68Trusted Source](#), [69Trusted Source](#)).

Make sure to only try these supplements one at a time. While they're not a magic bullet for sleep issues, they can be useful when combined with other natural sleeping strategies.