

## Day Nine Extra: Top Nutrients for Optimal Sleep

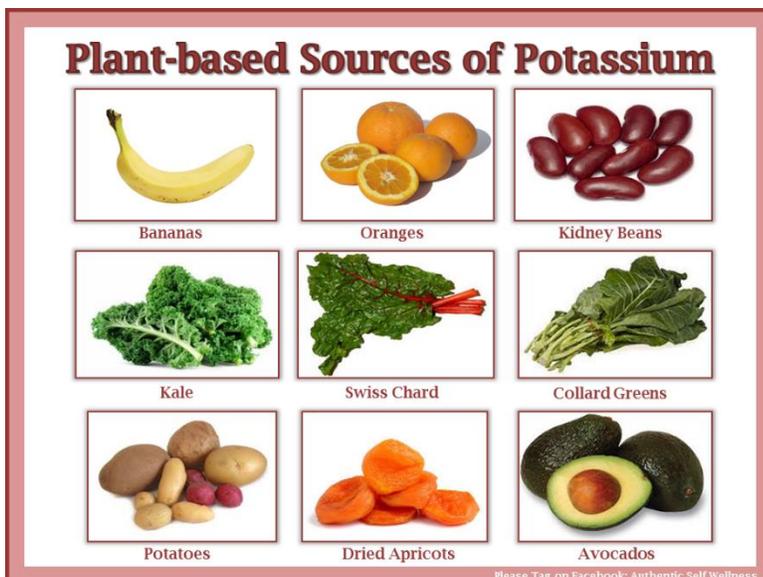
### 1. Magnesium

Magnesium deficiency is unfortunately very common, and lacking it not only causes gut issues, it causes brain issues. If you're lacking in magnesium, you might be feeling more exhausted or tired and unable to concentrate and you may also experience muscle cramps, which can keep you up at night. Without it, our body can't balance blood sugar, regulate blood pressure, and calm the nervous system. Magnesium has a very calming effect. It's one of the biggest anti-stress minerals for the heart.

**Sources:** Leafy green vegetables, Brazil nuts, pumpkin seeds, spirulina, and cacao nibs.



### 2. Potassium



Studies have shown that potassium may help people who have trouble sleeping through the night. Incorporating more potassium-rich foods into your diet to help specific neurons in your brain that facilitate sleep.

**Sources:** Sweet potatoes, bananas, soybeans, and beet greens.

### 3. Calcium

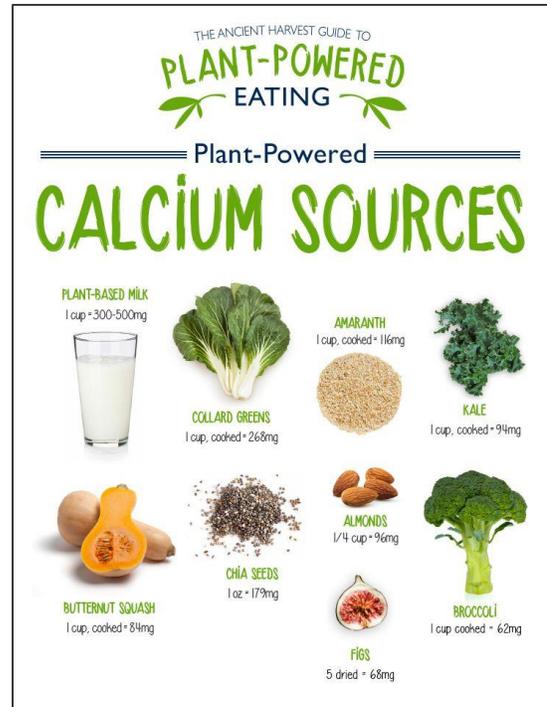
You might have heard that calcium is good for bone health, but it can also help you get better sleep. Calcium may help prevent disturbances in REM (rapid eye movement) sleep, where you're most likely dreaming, and your breathing becomes faster.

**Sources:** Leafy greens, almonds, sesame seeds, and sea vegetables such as kelp and seaweed.

### 4. Vitamin D

Vitamin D deficiency has been linked to [excessive daytime sleeping](#) or hypersomnia. But a deficiency in Vitamin D is serious for the gut, for sleep, and for the brain. And people who have low thyroid levels also have low levels of vitamin D. Vitamin D is needed in the cells for thyroid hormones to function.

**Sources:** Fortified plant-based milks, supplements, and sunshine.



### 5. Omega-3 Fatty Acids

Omega-3 fatty acids can help with melatonin production and can help you get deeper sleep, and since these are also known to help improve depression and anxiety symptoms, you need to be sure you have enough. Many brain issues are connected to a deficiency.

**Sources:** Chia seeds, flaxseeds, sea kelp, walnuts, and avocados.

You could be taking all these vitamins and minerals, but if something is wrong with the microbiome, you will not see much improvement. You'll need to have testing done on an intracellular level to confirm any deficiencies.