

**HealthSource**  
*America's Chiropractor®*

# Sleep Better

# Without

# Melatonin

## **Natural Solutions for Deeper, Restorative Sleep**

About 50 to 70 million Americans struggle with sleep issues, and many rely on melatonin despite its limitations. Natural alternatives like proper spinal alignment, amino acid support, and sleep environment optimization can help you resolve insomnia without melatonin dependency.

# 8

# Strategies to Sleep Better



## Optimize Your Sleep Environment

Keep your bedroom between 65° and 68°F, eliminate light sources, and ensure your mattress supports proper spinal alignment for restorative rest.



## Balance Your Sleep Chemistry Naturally

Support your body's natural sleep hormones with amino acids like L-Theanine, Glycine, and L-Tryptophan instead of relying on melatonin.



## Prioritize Spinal Alignment

Cervical support pillows and proper sleeping positions reduce pain to promote healthy nervous system function and productive rest.



## Reset Your Circadian Rhythm

Get 10-30 minutes of morning sunlight, and maintain consistent sleep-wake times to strengthen your natural cycle.



## Time Your Caffeine Strategically

Stop caffeine consumption 8-10 hours before bedtime to prevent interference with your body's natural sleep signals.



## Create a Wind-Down Routine

Limit screen exposure 60 minutes before bed, and practice relaxation techniques like 4-7-8 breathing to calm your nervous system.



## Address Physical Discomfort

Chronic pain from spinal misalignment creates a pain-sleep cycle. Supplements alone can't resolve this, but chiropractic care and functional exercise can help address the underlying physical contributors to poor sleep.



## Consider Professional Sleep Optimization

Chiropractic care combined with sleep consultation addresses primary causes of poor sleep like spinal health, pain, and nervous system function.

# How Chiropractic Care Improves Sleep

HealthSource Chiropractic doctors perform chiropractic adjustments to restore proper spinal alignment and healthy nervous system function, reducing the pain and body chemistry that cause sleep loss. Chiropractic care also improves joint mobility and circulation to prevent muscle stiffness that disrupts rest. Unlike melatonin supplements that mask symptoms, we naturally target the physical barriers preventing deep, restorative sleep.

## When to Visit Your Chiropractor for Insomnia

Schedule an appointment if you have trouble falling asleep after 30+ minutes in bed, wake up multiple times nightly, experience morning headaches or fatigue, or deal with chronic neck or back pain that affects your sleep quality. Even without current pain, visit your chiropractor if you've relied on melatonin long-term. We address underlying dysfunction before it becomes chronic and help you achieve sustainable sleep improvements.



## HealthSource Solutions for Sleep Optimization

- › **Comprehensive spinal evaluations** – We identify alignment issues affecting sleep quality and nervous system function.
- › **Chiropractic adjustments** – Our doctors restore proper spinal positioning and reduce pain that disrupts rest.
- › **Sleep Acceleration supplements** – We provide amino acids (GABA, L-Theanine, Glycine, L-Tryptophan) that support natural sleep chemistry without melatonin.
- › **Cervical contour pillows** – We offer pillows designed to maintain proper neck alignment and reduce pressure points during sleep.
- › **Sleep environment guidance** – We help you create ideal conditions for rest, including by recommending mattresses for optimal spinal support.
- › **Personalized sleep optimization plans** – We address your specific sleep challenges and health goals.

# Ready to Sleep Better Naturally?

Our experienced team will create a personalized plan to help you fall asleep faster, stay asleep longer, and wake refreshed.

Find your nearest clinic at  
[healthsourcechiro.com](https://healthsourcechiro.com)



Your trusted partner in natural  
[sleep optimization](#) and whole-body  
wellness.