

BESTLIFE

Faisal Tai, MD of PsychPlus on Supplements

Home / Wellness / 10 Supplements to Wake You Up in the Morning

Wellness

✓ Expert-Based

10 Supplements That Actually Help You Wake Up in the Morning

THESE ADDITIONS TO YOUR MORNING ROUTINE WILL MAKE YOU FEEL READY FOR THE DAY AHEAD.

Sure, you probably know that melatonin can help you *get* to sleep. But as a result, it can help you wake up, too. When taken at night, melatonin supplements "can enhance sleep quality, leading to a more refreshed morning," **Faisal Tai**, MD, **board certified psychiatrist** and founder of PsychPlus, says.

Our bodies naturally produce melatonin, which is a "hormone that regulates sleep-wake cycles," according to Tai. But if you're having trouble getting the rest you need, you might need to introduce more into your body by way of a supplement.