

Commonwealth Orthopaedic Associates

Supplement Handout Sheet

Magnesium glycinate, taurate, citrate, L-theanine, and apigenin—may offer various benefits that could potentially aid in improving sleep quality for individuals recovering from total hip or knee replacement surgeries:

1. **Magnesium Supplements (Glycinate, Taurate, Citrate):**
 - **Muscle Relaxation:** Magnesium is essential for muscle function and relaxation. After hip or knee surgery, muscles may be tense or sore due to the procedure and subsequent recovery. Magnesium supplements may help relax muscles, potentially reducing discomfort and promoting better sleep.
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2. **L-Theanine:**
 - **Stress Reduction:** L-Theanine has calming properties that can help reduce stress and anxiety without causing drowsiness. After surgery, it's common for individuals to experience stress or anxiety related to pain, discomfort, or concerns about recovery. By promoting relaxation, L-theanine may contribute to better sleep quality during the post-operative period.
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3. **Apigenin:**
 - **Sleep Promotion:** Apigenin has been studied for its potential to improve sleep quality by interacting with neurotransmitter systems in the brain. It may help facilitate the onset of sleep and enhance sleep duration, which can be beneficial for individuals recovering from surgery who may experience disrupted sleep patterns.

While these substances may offer potential benefits for sleep, it's important to consult with a healthcare professional before incorporating them into your post-operative recovery regimen. Additionally, other factors such as pain management, mobility, and overall health status will also play a crucial role in sleep quality during recovery from total hip or knee replacement surgery. A comprehensive approach that includes proper pain management, rehabilitation exercises, and good sleep hygiene practices is essential for optimal recovery and sleep quality.