

CIRCADIAN SIGNAL

The Sleep Through Guide

Why sleep fragments after 45 — and what actually helps.

INTRODUCTION

You're not failing to fall asleep. You're failing to stay there.

If you're reading this, there's a good chance your nights look something like this: you fall asleep fine. Then, somewhere around 2 or 3am, you're wide awake — mind racing, legs restless, maybe a trip to the bathroom — and getting back to sleep takes far longer than it should.

Almost every mainstream sleep product is built for a different problem: falling asleep faster. Melatonin, CBD drops, "sleepy girl mocktails" — all engineered around the first twenty minutes of the night. If your problem is the second half of the night, they're aimed at the wrong target entirely.

This guide covers what's actually going on when sleep fragments after 45, and the small number of things that make a measurable difference — without turning your evening into a ten-step ritual you'll abandon in a week.

Three things are shifting at once

1. Deep sleep declines with age

Time spent in deep, slow-wave sleep drops steadily from your 30s onward. Deep sleep is what makes early sleep feel restorative and stable; less of it means the back half of the night is lighter and easier to wake from.

2. Hormonal shifts change the picture

For women, perimenopause and menopause bring falling oestrogen and progesterone, both of which play a role in sleep regulation — showing up as night sweats, earlier waking, and lighter sleep overall. For men, testosterone decline plays a smaller but real role, alongside broader changes in circadian rhythm strength that affect everyone as they age.

3. The circadian "signal" itself weakens

The body's internal clock relies on consistent light exposure, meal timing and activity to stay strong. Retirement, less structured days, or simply drifting bedtimes all weaken that signal — and a weaker signal means less consolidated sleep.

None of this means something is wrong with you. It means the biology genuinely changes — which is exactly why a formula built for staying asleep, not just falling asleep, targets the actual shift.

The 2am mind is its own problem

Waking at 2 or 3am and immediately starting to worry about being awake — about tomorrow, about not sleeping enough — is one of the most common ways a brief, normal wake-up turns into an hour of lying there. The anxiety about not sleeping disrupts sleep more than the original wake-up ever did.

A few small, boring practices actually help more than most of the sleep advice online:

- **The same bed and wake time, every day** — including weekends. Consistency is the single biggest lever on sleep quality, more than any product.
- **A stable evening meal.** Large swings in blood sugar overnight are a common, underrated cause of 3am wake-ups.
- **Daily movement** — even a walk. It doesn't need to be intense to help sleep architecture.
- **The 3-2-1 method:** no heavy food within 3 hours of bed, no more drinking within 2 hours, no screens within 1 hour.

A note on alcohol

Alcohol is sedating, which makes it feel like a sleep aid — but it's a sleep disruptor. It suppresses REM sleep in the first half of the night and then causes rebound wakefulness in the second half, exactly where fragmented sleepers are already struggling. It's also a mild diuretic, adding more bathroom trips on top. If 3am wake-ups are a regular pattern, evening alcohol is worth looking at honestly.

The ingredients, plainly explained

This section is general education on each ingredient — not a pitch for any specific product.

222mg

Magnesium

150mg

L-Theanine

1, 500mg

Glycine

130mg / 90mg

Sodium / Potassium

Magnesium

Magnesium contributes to normal muscle function and to the normal function of the nervous system, and helps reduce tiredness and fatigue. Magnesium glycinate is generally better tolerated than cheaper forms like magnesium oxide, which can have a laxative effect — not ideal right before bed.

L-Theanine

An amino acid naturally found in tea leaves, commonly associated with a calm, settled mental state without sedation.

Glycine

An amino acid the body already produces, involved in normal nervous system function and everyday amino acid metabolism.

Sodium & Potassium

Electrolytes lost steadily through the day, not just through exercise. Sodium contributes to normal fluid balance; both sodium and potassium support normal function of the nervous system, and potassium contributes to normal muscle function.

Putting it together

Fragmented sleep after 45 usually isn't one thing — it's a combination of biological change, an overactive mind at exactly the wrong hour, and habits that quietly work against you. The good news is that the highest-leverage fixes are unglamorous: consistent timing, a stable evening routine, and treating the ingredients above as a nightly habit rather than an occasional fix.

Sleep Through brings magnesium, L-theanine, glycine and electrolytes together in one nightly stick — three flavours, dissolved in water, in the 30–60 minutes before bed. It isn't a treatment for a diagnosed sleep or medical condition, and if your sleep is severely disrupted, that's worth raising with your GP rather than relying on any supplement first.

Thanks for reading — and here's to a better second half of the night.

— Jon & Clare, Circadian Signal

This guide is for general information only and is not medical advice. It has not been evaluated by the FDA, MHRA or EFSA. If you have a medical condition or take medication, consult your doctor or pharmacist before making changes to your routine or diet.