

## BEH PODCAST – EPISODE 9

### CAN TAURINE CAUSE INSOMNIA

Participant: Is there any reason that Taurine would add to problems with insomnia.

Dr. Miller: We're having you take the Taurine at bedtime, but for the life of me can't think of why it would. For some people, when they put something in their stomach, even if it's just a pill of Taurine and a little bit of water, you've started a process that may be a little energetic which might disrupt sleep. I don't think there's anything specifically about Taurine that should disrupt or would disrupt sleep. If you notice that when you take Taurine right at bedtime, you don't sleep as well as those nights when you took it at another time during the day, then your experience trumps anything theoretical. So if you're concerned about that, and you've played around with it and feel you do better when you don't take Taurine at bedtime, then don't take Taurine at bedtime.