

Food & Sleep



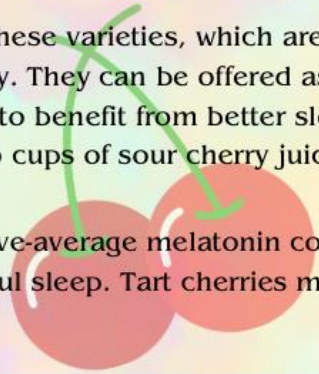
Vitamins and nutrients enable the body to function properly, and studies have found an association between sleep and nutrition. A balanced diet of fruits and vegetables, whole grains, and lean meat may support better sleep health.

There are signs that eating specific foods can induce drowsiness or improve sleep quality. This is dependent on a variety of factors, including specific research studies and the food or drink's underlying nutritional components.

However, the nutrient content of most foods can vary due to the wide range of variations so take care.

Tart cherries, different from that of sweet cherries. These varieties, which are often known as sour cherries, include English morello, Richmond, and Montmorency. They can be offered as tart cherry juice or whole. People who drink sour cherry juice have been shown to benefit from better sleep in several studies. In one study, those with a history of insomnia who drank two cups of sour cherry juice a day showed improved sleep efficiency and longer sleep duration overall.

These advantages might result from tart cherries' above-average melatonin concentrations, a hormone that aids in regulating circadian rhythm and fostering restful sleep. Tart cherries may potentially have a sleep-promoting antioxidant impact.



Kiwi fruit are rich in several vitamins and minerals, especially potassium, folate, and vitamins C and E. Eating kiwis has been shown in several studies to enhance sleep quality. Two kiwis eaten an hour before bedtime improved sleep quality, increased amount of sleep, and sped up the process of falling asleep, according to a study.

Malted Milk, It is commonly referred to as Horlick's, after a well-known brand of malted milk powder. Small studies in the past have shown that drinking malted milk before bedtime decreased sleep disruptions. Although the exact cause of these advantages is unknown, it may have something to do with the B and D vitamins, phosphorus, zinc, and magnesium found in malted milk, all of which can work well together to promote relaxation before bed.

Melatonin is also found in milk, and several milk products are enhanced with melatonin. Milk from cows milked at night contains higher melatonin.

Nuts like cashews, pistachios, walnuts, and almonds are frequently regarded as a healthy food for sleep. Nuts provide nutrients like zinc and magnesium along with melatonin and omega-3 fatty acids, which together can promote better sleep, though the precise amounts can vary. A combination of melatonin, magnesium, and zinc was proven to help older persons with insomnia sleep deeper and longer in a clinical experiment including supplements.

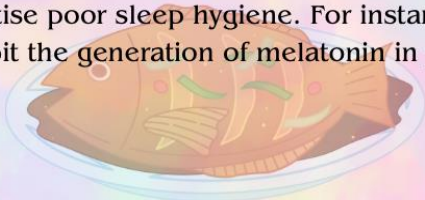
SLEEP SOLUTIONS

Fatty fish, according to research may help you sleep better. Over a few months, the study discovered that individuals who had salmon three times a week experienced both greater daytime performance and better total sleep.

Fatty fish is thought to aid in sleep by giving a good amount of omega-3 fatty acids and vitamin D, both of which are important for the body's production and control of serotonin. This study concentrated especially on eating fish in the winter and other gloomier months when vitamin D levels are typically lower.

Avoid eating too late to avoid having acid reflux at night because you won't be finished digesting by then. When eating fatty and spicy foods late in the evening, use extra caution.

While certain meals may aid in promoting sleep in general, their effectiveness may be diminished if you practise poor sleep hygiene. For instance, using electronics in bed or having a bright, noisy bedroom can both inhibit the generation of melatonin in your body and negate the benefits of eating foods that promote sleep.



Food & Sleep



Research on the relationship between sleep and **carbohydrate** intake has yielded conflicting findings, yet there is evidence that eating rice can lead to better sleep.

In a Japanese study, people who ate rice on a daily basis reported having better sleep than others who ate more bread or noodles. Although this study could not prove causation, it did find a correlation and confirm earlier findings that consuming high-glycemic foods about four hours before bedtime improved sleep.

It seems that not all carbohydrates and foods with a high glycemic index are made equal, though, as sugar-filled drinks and desserts have also been linked to poorer sleep. Further investigation is required to completely determine the effects of various carbs on sleep.

What is ingested with carbohydrates may affect how they affect sleep. For instance, tryptophan, an amino acid that promotes sleep, may be easier to get to the brain when consumed in combination with carbohydrates and a moderate amount of protein.

Magnesium and Sleep



Low magnesium levels may lead to sleep problems because the mineral has been proven to have a role in sleep. Magnesium may help with sleep, but kept within a certain amount.

- Magnesium can help you sleep longer, get better quality sleep, and feel less tired.
- Experts recommend taking no more than 350 milligrams of magnesium for sleep
- Magnesium is found in foods like nuts, leafy greens, whole grains, dairy, and soy products
- Consult your doctor before adding any supplements to your diet.

