

Eat to Improve Your Sleep

Did you know that your eating pattern can affect your sleeping pattern?

Foods to Choose for Better Sleep

Protein	Studies indicate that people who don't get enough sleep are often lacking healthful protein sources too.
Tart cherries	These may help may help improve levels of melatonin, the hormone that promotes sleep.
Walnuts	These are are high in melatonin and serotonin and are also a good source of the total polyphenols that help promote restful sleep.
Foods high in tryptophan, combined with whole grains	Foods high in tryptophan, an amino acid that produces serotonin to induce calmness and drowsiness, can help promote sleep, especially when they're combined with whole grains.

Foods to Avoid for Better Sleep

Alcohol	Alcohol can prevent you from entering the deeper stages of sleep at night.
Dessert	Eating 60 minutes before bed can make it more difficult to fall asleep. Eating high fat and high calorie foods makes it even harder.
Energy drinks	The caffeine makes it harder to fall asleep later.
Nothing	Don't skip meals! It affects sleep quality.
Sweetened beverages	Frequent consumption of sweetened beverages is associated with poor sleep quality

When was the last time you woke up feeling energized and refreshed? According to the CDC, **1/3 of adults** and more than **2/3 of high school students** report **inadequate amounts of sleep**. Adults need at least **7 hours of sleep**, and adolescents need at least **8 hours (10 is even better)** for the best health and well-being. Not enough sleep is linked with obesity, physical inactivity, mistakes at work, car crashes, and **10 chronic health conditions**: heart attack, coronary heart disease, stroke, asthma, COPD, cancer, arthritis, depression, chronic kidney disease, and diabetes. In addition to strategies to improve sleep like regular exercise, regular exposure to daylight, a bedtime routine, and sleeping in a dark, cool bedroom, **food choices also play an important role in quality of sleep**.