



## Eat well, sleep well

**Everyone knows that sleep is important for physical, emotional and mental health.** However, did you know that the food and drinks you consume could affect your sleep? Certain foods and drinks, and the timing in which you consume them, can either help or hamper your sleep. Read on to learn more.

**Try sleep-friendly foods.** Research published in the Journal of Clinical Sleep Medicine shows that foods high in fiber and protein, and low in saturated fat may help induce better sleep. Try adding some of the ideas below to your dinner to help you sleep better:

- Poultry, fish, beans, lentils, whole grain pasta or bread
- High-fiber fruits and vegetables including kale and bananas

**Drink a glass of warm milk.** It may be an old wives' tale, but for many people it does help them get a good night's sleep. Warm beverages like caffeine-free tea may also do the trick.

**Avoid eating too close to bedtime it can cause indigestion.**

If you wake up at night with your throat burning, you may want to try these ideas to sleep better:

- Do not eat within 4 hours of bedtime
- Avoid eating foods that trigger indigestion before bed
- Sleep propped up to keep the acid from creeping up your throat
- Try drinking a glass of milk before bed

**Consider your caffeine consumption.** For some people caffeine before bed is no problem; for others, it can cause a restless night. Caffeine is a stimulant, which is why it keeps you up. If you have trouble:

- Avoid caffeinated beverages like soda, coffee or tea
- Reduce your consumption of foods with caffeine such as chocolate
- Be aware that it takes 8 hours for your body to fully process 8 ounces of coffee from your body

**Know how alcohol affects sleep.** Alcohol prevents you from getting the deep sleep required for restorative rest because it disrupts your sleep cycle. You can prevent this by:

- Avoid drinking before bed
- If you do plan having a drink, consume it with enough time for the alcohol to leave your system before bed. Alcohol leaves your body at 1 drink per hour
- Drink moderately when you do drink. Moderate drinking is defined as two drinks per day for men, and one drink per day for women

**Sources:**

American Academy of Sleep Medicine. <https://tinyurl.com/5t5f665f>

American Sleep Association. <https://tinyurl.com/vkr3ncjc>



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