



Food for good sleep

Quick look up guide in your journey to more restful sleep



A **balanced diet** is the foundation of good sleep. It means consuming a variety of foods from all food groups in the right proportions. This ensures your body receives the essential nutrients it needs to function optimally.

The key is to pick foods that contain nutrients and other compounds known to promote relaxation and sleep, such as:

- * Tryptophan, an amino acid that promotes serotonin production.
- * Serotonin is a hormone that helps regulate your sleep.

Your body can't produce tryptophan on its own.

Good sources:

- Honey carries Tryptophan through the blood to the brain, turkey, chicken, fish, eggs, Milk, Beans - Chickpeas, edamame, Vegetables, tofu and peanuts (slow down absorption of carbohydrates)

Melatonin, a hormone your body makes to help with your sleep cycle. It can also be found naturally in foods.

Good sources:

- Eggs, Poultry, milk, pistachios and almonds. Some fruits like tart cherries & unsweetened cherry juice, Grapes, Bananas, Kiwi.

Vitamin B, alleviate stress

Good sources:

- Almonds and Beans

Omega-3 fatty acids that help with reducing inflammation

Good sources:

- Fatty fish and Walnuts

Whole grains encourage the production of insulin, which helps to process tryptophan

Good sources:

- Brown rice, Quinoa and oats. Also pumpkin seeds.

Potassium and magnesium, nutrients help promote muscle relaxation. Potassium is essential for heart and nerve function.

Magnesium: Important for bone health and metabolism and for Relaxation, reduce muscle tension, and activate the neurotransmitter GABA to help the brain switch off, contributing to overall health.

Good sources of Magnesium and Potassium :

- Bananas, Cherries, avocados, spinach, Pumpkin seeds and sweet potatoes.

Protein: Essential for building and repairing tissues.

Good sources include:

- lean meats, poultry, fish, beans, lentils, and tofu.

Anti oxidants, which reduce inflammation.

Good sources:

Almonds, Bananas, Kiwi, Cherries, Chamomile tea & Passionfruit Tea has a calming effect as well.

Riboflavin(B2) helps you fall asleep faster and wake up less often and selenium found in Poultry are for strong muscles and regulation of appetite.

Good sources of Zinc and Selenium, which can improve sleep duration and overall quality by regulating hormones and brain relaxation:

- Pumpkin seeds and Brazil nuts
- Dairy or dairy alternatives like fortified soy or almond milk provides calcium and vitamin D for bone health.
- Healthy Fats: Found in avocados, nuts, seeds, and olive oil. Important for brain function and hormone production.

Practical Sleep tips



1. Plan your wind down to bed

Knowing what you have to do and how long it takes ahead of time helps. i.e brushing teeth etc

2. Limit Tech 1 hour before bed

This includes T.V , phones, tablets

3. Stay hydrated through out the day

Drink plenty of water and limit it towards bed time

4. Stop work 2 hours before bed

Weekly Sleep goals



Set weekly goals to improve your sleep through your diet. Examples include:

- Drink 2 x glasses of water every morning.
- Start with at least one of these foods and see what works for you.
- Limit processed and fatty foods before bed.
- Avoid alcohol and food 3 x hours before bed.

