

How to Eat Your Way to Better Sleep



Action Plan:



Have your last meal around 3 hours before bedtime

The Problem:

Eating too late works muscles that digest and metabolize food when they should be resting, lowering sleep quality and quantity.

How to do it

- 1 Stop eating within 3 hours of bedtime – food has moved from your stomach to your small intestine by then.
- 2 If you must eat avoid high sugar or heavy snacks as they disrupt sleep.

The Science



Skipping breakfast and eating irregularly is strongly associated with poor sleep quality. Try keeping a regular eating schedule; this will also help keep your circadian rhythm in check.

Aim for a balanced diet! Research shows that a diet low in protein is associated with less sleep and poorer quality sleep.

Regularly eating late at night can contribute to metabolic changes linked with obesity and diabetes



Got hunger? Try these sleep inducing snacks for better sleep.

Sleep-friendly snacks

Certain foods contain sleep-promoting nutrients like tryptophan and melatonin. Try to keep late-night snacks under 200 calories and aim for things like almonds, tart cherries, yogurt/fage, banana and peanutbutter, oats, eggs, edamame, or turkey.

Health Benefits

- Better sleep regulates hunger hormones which means fewer cravings!
- Eating on a regular schedule will also help to regulate your circadian rhythm, improving sleep.

Tips

- Try the 80/20 rule where 80% of your daily intake is healthy whole food and 20% is "other".
- Got a sweet tooth? Grab fresh fruit. It doesn't disrupt sleep the same way as sugary snacks!