

WSGW RADIO PRESENTATION

Food and Sleep

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Getting good sleep is incredibly important to your overall health. Getting good sleep can reduce your risk of developing certain chronic diseases, keep your brain and digestion healthy and boost your immune system.

This week is National Sleep Awareness Week so I thought we would discuss how certain foods can help you sleep better.

Let's start with the myth that a glass of wine will do the trick. Studies have shown that drinking alcohol before bed can help you fall asleep quicker but it might not be the best sleep depending on how much you consume. It is also possible to develop a tolerance to these sedative effects.

Here are some foods that you can eat before you go to bed can help your sleep quality:

1. Almonds – they are an excellent source of many nutrients including magnesium which is known to reduce inflammation which can improve sleep quality.
2. Turkey – it is high in protein and the amino acid tryptophan, which increases the production of the sleep-regulating hormone melatonin.
3. Chamomile or Guava Leaf Tea – drinking tea may boost your immune system and reduce anxiety.
4. Kiwi – a low calorie fruit that contains many nutrients including serotonin, a brain chemical that helps regulate your sleep cycle.
5. Walnuts – an excellent source of healthy fats that may help increase the production of serotonin.
6. Dairy – a warm glass of milk is known to do the trick but the truth is that many dairy products can help, including cottage cheese, because milk also contains tryptophan.
7. Raw Honey – the ratio of fructose to glucose helps keep the liver (an organ that works non-stop) full. Eating honey before bedtime can restock the liver with glycogen and ensure getting through the night before the brain triggers a search for fuel, which could wake you up.

Again, remember that getting enough sleep is very important to your health. Fortunately, several types of foods may help, thanks to their content of sleep-regulating hormones and brain chemicals including melatonin and serotonin.

To reap the benefits of sleep-enhancing foods, it may best to consume 2-3 hours before bed.

www.saginawpublichealth.org

Source: www.winespectator.com
www.healthline.com