- Eating customs / Sleep

LIFE + HEALTH / HEALTHY EATING GUIDE



RE-SYNC YOUR BODY CLOCK

Eating Habits for Restful Sleep

A good night's rest starts with your first bite of the day: Research suggests that eating too quickly, skipping meals and eating a lot at once (particularly later in the day) may contribute to sleep disorders like insomnia, possibly because of its impact on digestion. Instead, build your wake-up meal around energizing foods like protein-filled eggs and fiber-rich veggies and fruits (don't forget to sip H_2O to jump-start hydration). Prioritize a hearty lunch with plenty of protein and fiber to keep you full along with some healthy fat, then keep your dinner balanced but on the lighter side. These good-sleep essentials are key later in the day:

Oats, eggs, fish and turkey: These foods contain tryptophan, which promotes the production of serotonin, needed for steady mood and a regular sleep cycle.

Milk, nuts (particularly pistachios) and cherries: These provide melatonin, the hormone responsible for inducing drowsiness and regulating zzz's.

Bananas, avocado and pumpkin seeds: These all-stars are full of potassium and magnesium, electrolytes that not only support proper hydration (dehydration can impact the sleep-wake cycle) but also aid in muscle relaxation for peaceful dozing.

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