Whole-Grain Crackers Combo
Chow down some whole wheat complex carbohydrates with a punch of calcium or protein that can make you feel sleepy

About Whole Grain Bread or Crackers:
If you have a craving in those hours leading up to bed, nutritionists recommend eating complex carbohydrates that aren't highly processed and offer vitamins and filling fiber. This type of carb can actually make you feel sleepy, says Dr. Katherine Beals, associate professor of nutrition and integrative physiology at the University of Utah.
Consider: whole-wheat crackers, whole-grain cereal, whole-grain toast
https://fortune.com/well/2022/07/06/experts-recommend-these-four-foods-for-a-good-nights-sleep/

About Eating to Help You Sleep:
Knowing what can help you fall asleep, and what may keep you up, can help you plan your meals and snacks effectively.
Ian S. Katznelson, M.D., a neurology and sleep medicine physician at Northwestern Medicine Lake Forest Hospital, suggests some Peanut butter on whole grain bread or

lean cheese on whole grain crackers. Even dinners that feature turkey or fish as well as complex and whole grain carbohydrates like jasmine rice or sweet potato can also prime your body for bed.

As for whether you should eat before bed, the most recent research suggests that when you make smart choices like those listed above a nighttime snack can be beneficial. Complex carbohydrates can keep blood sugar levels stable and sleep solid, while protein can release tryptophan and a little fat, like peanut butter, can slow the absorption of carbohydrates to help you wake up rested.

For More Information See:

https://www.nm.org/healthbeat/healthy-tips/nutrition/eats-to-help-you-sleep
https://www.webmd.com/diet/ss/slideshow-late-night-snacks

Cook's Note: Many peanut and nut butters contain added oils and sugars to improve the texture and taste of the final product, but it's best to choose products that don't contain these ingredients. Always read the label when buying nut butter products.