

Eat Right, Sleep Right!

For the Beginning of the Program:

Doctors have discovered a direct relationship between what you eat and how you sleep. Having lots of sleepless nights creates a steady unhealthy effect on our bodies. We need time to rest, repair, and rebuild.

Check your diet and try to include some food that might solve the problem. We know that eating too much or too close to bedtime can cause sleeping problems, but having a snack one hour before bedtime might help. Many chemicals, amino acids, enzymes, nutrients, and hormones work together to promote and regulate the sleep cycle.

We hunted down some foods and drinks that help control parts of the sleep cycle and may help you both fall and stay asleep.

Here's a few to consider:

- Bananas
- Tart Cherries
- Almonds/Walnuts/Pistachios
- Whole Grain bread or crackers
- Peanut or almond butter
- Yogurt/cottage cheese
- Milk
- Kiwi fruit
- Chamomile tea
- Fatty Fish

Here are a few foods to avoid: Stay away from any foods that cause heartburn, spicy or rich foods, drinks with caffeine, white bread or pasta, sugary foods, or alcohol. Also, don't eat large or heavy meals before going to bed.

Please Note: The programs and information are presented as educational information. All individuals are different. For any serious medical conditions, see your medical doctor.