FOODS TO IMPROVE SLEEP

Choose

- **Foods that help Melatonin Production**
  - This is the hormone to control sleep cycle
  - Cherry Products
  - Nuts (ex: walnuts, pistachios)
  - Whole Grains (oats)

- **Foods that contain Vitamin B6**
  - This vitamin helps convert amino acids to melatonin
  - Bananas
  - Fish (salmon)
  - Lean meats (lean beef)

- **Foods that contain Calcium**
  - This mineral helps the brain make melatonin
  - Low-fat milk + cheeses
  - Yogurt
  - Dark leafy greens (spinach)

- **Foods that contain Tryptophan**
  - This amino acid in foods gets converted into serotonin which converts to melatonin
  - Honey (stimulates production of tryptophan)
  - Turkey
  - Sunflower/pumpkin seeds

Avoid

- **Stress inducing Foods**
  - **Caffeine**
    - Stimulates nervous system and causes anxiety
  - **Alcohol**
    - Disrupts sleep patterns and causes high blood pressure leading to stress

- **Foods that Cause Digestive Stress**
  - **Acidic Foods and Beverages** (orange juice)
    - Trigger gastric reflux
  - **Spicy Foods** (hot peppers)
    - Induce heartburn and makes it uncomfortable to sleep
  - **Heavy, Fatty Meals** (cheeseburger, chips, pizza)
    - Unsettling for the digestive tract because these foods digest slowly