

## QUICK TIPS

# Foods To Improve Sleep

### Fatty Fish

Fatty fish may help sleep by providing vitamin D and omega-3 fatty acids, which are involved in the body's regulation of serotonin.



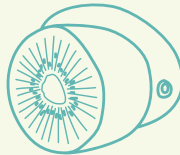
### Rice & Protein

A combination of a moderate amount protein that has tryptophan, a sleep-promoting amino acid, and carbohydrates may make it easier for the tryptophan to reach the brain.



### Kiwi

Researchers believe the antioxidant properties in kiwi and the ability to address folate deficiencies, and/or high concentration of serotonin.



### Tart Cherries

Tart cherries have been found to have above-average concentrations of melatonin, which is a hormone that helps regulate circadian rhythm and promote healthy sleep.



### Nuts

Nuts contain melatonin as well as the essential minerals magnesium and zinc that are essential to a range of bodily processes.



### Less Caffeine

Limit your caffeine in the afternoon and evening to help make it easier to fall and stay asleep.



### Less Alcohol

Alcohol can throw off sleep cycles and your circadian rhythm, so drink in moderation for your best sleeps.



### Less Late Night Eating

Eating too late can throw off sleep if you're still digesting at bedtime. Be especially careful with spicy and fatty foods late in the evening to avoid acid reflux.

