

LET'S TALK ABOUT FOOD AND SLEEP



We all know that a big thanksgiving dinner can make anyone feel a little sleepy. The star of the show, aka the Turkey, has tryptophan (an amino acid that promotes sleep hormones), but my guess is the insane amount of preparation, cleaning and cooking has more to do with the much needed nap post thanksgiving dinner feast.

But alas, thanksgiving comes just once a year. Are there OTHER foods that you can eat outside of thanksgiving that help support sleep? Or better yet, are there foods you should AVOID before sleep?

The answer to both questions, is YES!

Some of the foods below have direct relationships with your actual sleep. Some are more so because they may have an impact on hunger levels and digestion before bedtime. These are just some food ideas when considering our solids eating population, our toddlers and ourselves

(no, your infant does not need TURKEY to fall asleep).

FOODS THAT SUPPORT SLEEP:



Rich in potassium, bananas can improve your quality of sleep while also increasing melatonin and serotonin production.

Bananas

Boosting both your melatonin levels and tryptophan levels: a big win for sleep!

Tart Cherry Juice



Protein slows the absorption of carbs and both proteins and fats can keep you feeling fuller longer through the night.

Protiens & Fats

These take longer to digest and can keep your blood sugar levels stable all night through.

Complex Carbs



FOODS TO AVOID AROUND SLEEP



Too much dairy can be hard on the digestive track and make for an uncomfortable night's sleep.

Dairy

Both can give a quick boost of energy before bedtime and may leave you feeling hungry or jittery in the night/early morning.

Simple Carbs/ Sugars



This one is kind of a no-brainer.
EX: CHOCOLATES and
COFFEE/TEA

Caffeine



Now, this does not mean you have to clear all of these from your diet or eat the same thing every day. Nor does this mean that eating a banana before bed is going to be the solution to all of your sleep worries (#workingwithasleepcoachis).

But we can look at our food consumption more intentionally, especially as it applies to your family's sleep. We certainly aren't going to raise our kids on junk food every day, so let's not raise them on junk sleep either.



Happiest of Thanksgivings

&

Bon Appetit!

--Elizabeth

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