

Nutrition for Better Sleep

Sleep deprivation can lead to low energy, poor health outcomes, and a reduced quality of life. Getting adequate nutrition is important for sleeping better and more soundly. Try these tips below:



**EAT REGULAR MEALS
AND SNACKS**

Going to bed too hungry or too full will make it hard to fall and stay asleep. Avoid skipping meals so you feel satisfied when bedtime rolls around.



**BE CAUTIOUS WITH
CAFFEINE**

Caffeinated foods and beverages interfere with getting quality rest. Try to limit coffee, caffeinated teas, and chocolate later in the day and evening.



**EAT A VARIETY OF
FRUITS AND
VEGETABLES**

Certain fruits and vegetables contain melatonin, a hormone which helps regulate sleep. Some examples include cherries, tomatoes, and strawberries. Eating a variety of plant foods may improve your sleep.