

FOODS THAT PROMOTE SLEEP

1

EGGS

Egg whites are packed with 11 essential vitamins and minerals but they also help our body's natural internal clock by producing melatonin that helps tell our brains it is time for bed.



2

MILK

Drinking warm milk may actually have a psychological effect on you that will help you fall asleep.



3

HONEY

Consuming a teaspoon of honey before bed is a great way to not only raise your body's insulin levels which can increase the amino acid tryptophan and help you fall asleep faster, it can also replenish your liver's glycogen levels, which is needed to prevent crisis.



4

NUTS

Nuts are a great source of heart-healthy fats such as omega 3s and 6 but they too like eggs contain the hormone melatonin. Eating them is a great way to help regulate your sleep cycle allowing you to sleep more soundly.



5

HERBAL TEA

There are many antioxidants in herbal teas that have a calming effect and can reduce stress and promote sleep. Teas such as chamomile, valerian root, lemon balm, have been used to not only help you sleep but fight disease and infections, protect against oxidative stress, and lower the risk of chronic disease.



6

WHOLE GRAINS

Whole grains are a complex carbohydrate that can raise your serotonin levels, lowers your stress levels, and promote sleep. They contain high levels of tryptophan and help deliver it to the brain according to the National Sleep Foundation (NSF).



7

BANANAS

Bananas are a great source of magnesium and potassium. Just like whole grains they contain tryptophan which helps produce serotonin. Eating bananas are a great way to not only help you fall asleep faster but regulate sleep cycles.



8

YOGURT

Reader's Digest suggests breaking out the cheese and crackers before bed, or even a cup of yogurt. Calcium found in dairy products will help the brain use the tryptophan to help make sleep-inducing melatonin.



9

TURKEY

Turkey contains the amino acid tryptophan and in large quantities. It also helps your body to make melatonin which is why you feel so sleepy after eating it.



10

FISH

Fatty fish such as salmon, mackerel, and tuna is a good source of the heart-healthy fatty acids and vitamin D. Both of these nutrients help your body to regulate serotonin allowing your body to regulate its sleep and waking cycles.

