

November 2017

GET A GOOD NIGHT'S SLEEP WITH FOOD



If you're like many, you have a difficult time getting the seven or eight hours of sleep that you need to be functional throughout the day. Yet, some of your favorites in the kitchen may be just the ticket to send you snoozing.

Approximately 90 minutes before you want to fall asleep, make yourself a snack of roughly 200 calories from the items listed below. These sleep-inducing foods will help your muscles relax, quiet your mind and produce sleep-inducing hormones (serotonin and melatonin) to get you right off to bed.

Bananas. These power fruits contain serotonin and melatonin, and the muscle relaxant magnesium.

Warm milk. This beverage contains tryptophan, which is sedating and calcium to help your brain use the tryptophan. Warm milk also has a calming effect and is comforting to drink.

Honey. The small amount of glucose in honey communicates with your brain to turn off orexin, a neurotransmitter that contributes to alertness. Place a spoonful in a bowl of oatmeal to head off to bed quickly.

Potatoes. A spud in the evening will clear away the amino acids in your body that can interfere with the powers of tryptophan.

Oatmeal. Oats contain melatonin, which is great for inducing sleep.

Almonds. These nuts contain a healthy dose of tryptophan and magnesium.

Flaxseeds. These seeds are rich in omega-3 fatty acids, which will brighten your mood if sadness or anxiety is keeping you from getting to sleep.

Whole-wheat bread. Whole-wheat contains insulin, which assists tryptophan in making its way to your brain. Once there, it is converted to serotonin to send you to sleep in no time.

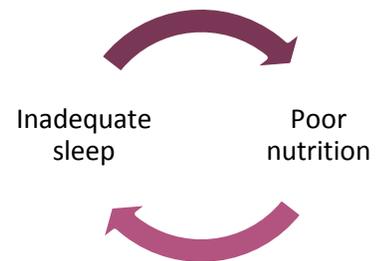
Turkey. This meat is the best-known food source of tryptophan. If you eat a slice of turkey on whole-wheat bread, you will be off to sleep because tryptophan works best on a fairly empty stomach with a small amount of carbohydrates.

Besides grabbing one of these snacks, getting to sleep may be easier when your body is on a schedule.

FROM THE DIETITIAN'S DESK: COUNTING SHEEP



On average, adults need 7-9 hours of sleep per night and children need up to 11 hours depending on their specific age. What happens if you chronically do not get enough sleep? Inadequate sleep is tied to increased risk of type 2 diabetes, poorer food choices, and decreased productivity, just to name a few. Nutrition can impact sleep and reduce the negative effects of not getting enough sleep.



It is a myth that you should not eat after 7PM (or other randomly chosen time). If your body is truly hungry, satisfy its needs with a nutritious snack that could also help you sleep.

Questions to ask yourself before eating:

- Am I angry, sad, happy?
- Am I bored or anxious?
- Am I just thirsty?

Incorporating a snack with carbohydrates and fat can help you achieve a good night's rest! This combination can stabilize your blood sugar and help boost your metabolism.

Example combinations:

- Greek yogurt with fruit and nuts
- Air-popped popcorn
- Apple with peanut butter
- Cheese and crackers

Or try out the 2 drink recipes for this month!

Establishing a nightly routine can also help you achieve a more restful sleep.

For example:

- Stretching for 5 minutes
- Packing your lunch
- Laying out your clothes for the next day