



You Sleep What You Eat

Sleep-Enhancing Foods

Eat more of these!

Cherries or cherry juice

Almonds and walnuts

Green leafy vegetables

Chickpeas

Turkey

Sweet potatoes

Bananas

Sleep-Disrupting Foods

Avoid these near your bedtime.

Alcohol

Caffeine

High fat foods

Spicy foods

Chocolate

High sugar foods

Energy drinks

Bonus: A warm glass of milk (dairy or non-dairy) before bed may help sleep. Add a small amount of cinnamon, cardamom, or nutmeg for an extra soothing drink.

More about caffeine: Caffeine's effects can last for 12 hours or more, so even if you stop before noon, it can still affect sleep. Consider giving caffeine up completely until your sleep improves.

More about alcohol: Like caffeine, it's fine to have modest amounts of alcohol (usually defined as one drink daily for women and two for men) so long as you have no problems sleeping. But, while having a drink right before bed might make you sleepy, it can cause problems 2-3 hours later when it wears off.