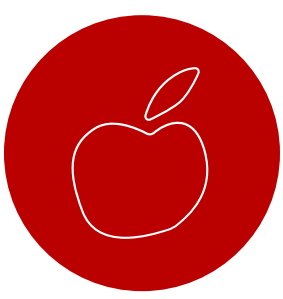
THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Eat Right by Each Bite: Sleep

NUTRITION AND SLEEP

- A recent study suggests that diet may play a significant role in getting enough sleep
- Maintaining a high quality diet can promote better quality sleep
- Healthful lifestyles are greatly influenced by adequate nutrition and sleep



HEALTHFUL NUTRITION

- Higher fiber intake may promote deeper sleep
- Adequate protein intake may enhance the ability to fall asleep faster
- Just one day of lower fat intake has shown positive changes in sleeping patterns

FOODS TO TARGET

- Tart cherry juice has high amounts of melatonin, which promotes sleep
- Many fruits also contain high amounts of melatonin such as oranges, bananas, and pineapples

FOODS TO AVOID

- High sugar diets may promote broken sleep patterns
- Diets high in saturated fats have also been connected to inadequate sleep

HEALTH

- Diet and sleep have a great influence on overall health
- Poor sleep patterns and poor diet habits have been connected to the development of high blood pressure, diabetes, and cardiovascular disease

Learn more @ www.sleepfoundation.org and www.todaysdietitian.com/news/032116_news.shtml