

## HEALTHY SLEEP HABITS

- Follow a regular schedule and develop a bedtime routine
- Avoid naps in the late afternoon and evening
- Avoid large, high glycemic meals close to bedtime
- Try not to use electronics in your bedroom and keep lighting low
- Get in some moderate exercise in the early afternoon
- Keep your sleep space quiet and comfortable



**THANK YOU FOR  
JOINING ME TODAY!**

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**EAT YOUR  
WAY TO  
SLEEP**







Nutrition tips to help you  
get your best nights rest



## WHY IS SLEEP IMPORTANT?

- Important for both mental and physical health
- Supports brain function and repairs bodily systems
- Helps with heart healing and health
- Lowers risk for many chronic diseases
- Aids in appetite regulation and maintaining blood sugar
- Supports the immune system and body defenses
- Essential for energy and daily functioning

## SLEEP PROMOTING FOODS

- 1 Almonds:** high levels of melatonin and magnesium 
- 2 Chamomile Tea:** lots of antioxidants, namely apigenin 
- 3 Kiwi:** contains serotonin, which is converted to melatonin 
- 4 Tart Cherry Juice:** high in melatonin, vitamins A and C, and manganese 
- 5 Fatty Fish:** great vitamin D and omega-3 fatty acid content 
- 6 Walnuts:** one of the best sources of melatonin, and contains the healthy fatty acid ALA 



## WHAT HAPPENS TO SLEEP PATTERNS WITH AGE?

- Circadian rhythms change
- Sleep becomes more fragmented and more naps are taken during the day
- Total sleep time decreases and there are fewer sleep cycles through the night
- Deep sleep and REM sleep decrease, causing more lighter sleep and wake ups
- Melatonin production may decline
- Normal cortisol control may be thrown off, causing exhaustion