














Best Foods for Sleep

Adding these foods to your diet can help support better sleep:

-  **Tart Cherry Juice** – Naturally high in melatonin, tart cherries can help regulate your sleep cycle. Try drinking tart cherry juice before bed.
-  **Almonds** – A great source of magnesium, which helps relax muscles and improve sleep quality.
-  **Honey** – Helps the brain produce melatonin by slightly raising insulin levels. Add it to chamomile tea for extra benefits.
-  **Chamomile Tea** – Known for its calming effects, chamomile tea contains antioxidants that promote relaxation and better sleep.
-  **Kiwi** – Rich in antioxidants and serotonin-boosting compounds, kiwi can help people fall asleep faster and stay asleep longer.
-  **Turkey** – Contains tryptophan, an amino acid that helps produce serotonin and melatonin, promoting restful sleep.
-  **Dairy (Milk, Yogurt, Cheese)** – Packed with calcium, vitamin D, and tryptophan, dairy products support melatonin production and muscle relaxation.

-  **Fatty Fish (Salmon, Tuna, Trout)** – High in vitamin D and omega-3 fatty acids, which help regulate serotonin and improve sleep quality.
-  **Whole Grains** – Foods like quinoa, brown rice, and oats contain magnesium and other sleep-supporting nutrients.
-  **Leafy Greens** – Spinach, kale, and lettuce are packed with calcium and magnesium, which help the body relax and prepare for sleep.
-  **Bananas** – Full of magnesium, potassium, and tryptophan, bananas help relax muscles and promote better sleep.