



🚫 Foods to Avoid Before Bed

Some foods can interfere with sleep and should be avoided at night:

- ☕ **Caffeine** – Found in coffee, tea, chocolate, and some sodas, caffeine can disrupt sleep if consumed too late in the day.
- 🍷 **Alcohol** – May help you fall asleep faster but reduces REM sleep, leading to poor sleep quality.
- 🍊 **Acidic Foods** – Tomatoes and citrus fruits can cause acid reflux, making it hard to sleep.
- 🌶️ **Spicy Foods** – Can trigger heartburn and digestive discomfort at night.
- 🍩 **High-Sugar & Refined Carbs** – White bread, sweets, and processed snacks can spike blood sugar and lead to restless sleep.
- 🍔 **Heavy, Greasy Foods** – Take longer to digest and may cause discomfort when lying down.