

Sleep and Nutrition

Nutrition tips from DuPage Senior Citizens Council and Kane Senior Council

July 2023

Nutritionists and doctors alike recommend eating a balanced and consistent diet that is high in vegetables and fruits. This diet provides stable sources of essential vitamins and minerals, including those that can promote sleep. Many principles of a balanced and consistent diet go hand-in-hand with general tips for avoiding sleep disruptions related to food and drink, including:

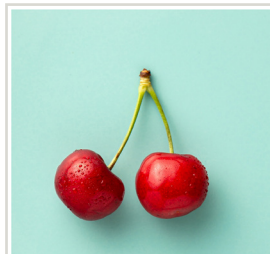
- Limit caffeine intake, especially in the afternoon or evening.
- Moderate or eliminate alcohol consumption.
- Try not to eat too late so that you aren't still digesting at bedtime and are at less risk of acid reflux. Be especially careful with spicy and fatty foods late in the evening.

The Nutrients That Help us Sleep

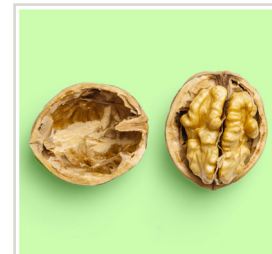
We all know what foods keep us up at night (we are looking at you, late-afternoon extra-large coffee!), but there is more to the interaction between nutrition and sleep than caffeine.



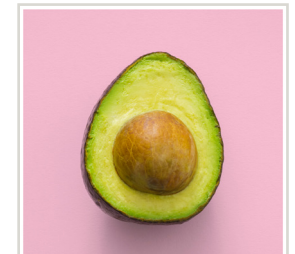
Tryptophan



Melatonin



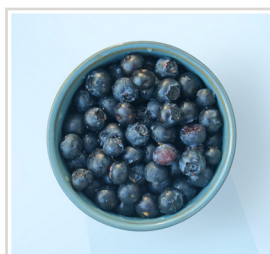
Omega-3 Fatty Acids



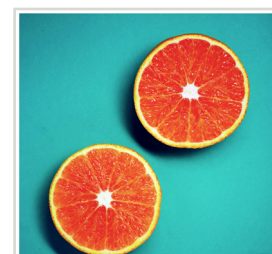
Potassium



Magnesium



Antioxidants



Vitamin C

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Foods to Avoid:

Fatty or high-protein foods



Spicy foods



Caffeine



Alcohol



Foods to Choose Instead:

Complex carbohydrates



High-fiber foods



Low-fat proteins



Foods high in B vitamins



Knowing what and when to eat can make the difference between a great night's sleep and a night of tossing and turning.