

NUTRITION AND SLEEP



HUNGER HORMONES

Sleep deprivation results in more of the hormone that makes us feel hungry, and less of the hormone that makes us feel full. It also stimulates the reward-seeking part of our brain (and food is a big reward!)

STRESS HORMONES

Lack of sleep increases production of stress hormones, such as adrenaline and cortisol. This can change how we eat and increase disease risk.



BODY COMPOSITION

During sleep, our body repairs and builds muscle, and breaks down fat for energy. Sleep deprivation may cause more muscle loss and less fat loss.

DIET QUALITY

A diet lower in fiber and higher in saturated fat and added sugar predicts lighter, less restorative sleep with more disruptions.



MED FOR BED

A Mediterranean-style diet is associated with less insomnia and healthier sleep durations. This diet provides magnesium, potassium, vitamin D and omega-3 fats - nutrients that support quality sleep.

SLEEPY FOODS

Foods high in melatonin, tryptophan, or magnesium may promote sleep. This includes eggs, nuts, seeds, poultry, fish, milk, soy, legumes, berries, spinach, tomatoes, and peppers.



MORE TIPS...

- Keep a consistent eating pattern
- Eat more food earlier in the day
- Watch caffeine and alcohol
- Avoid fat and sugar before bed
- Don't go to bed hungry

