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Beginner lessons for Sleep and Nutrition

Unlock Better Sleep Through Smart Nutrition Choices!

DEFINITION

Sleep and nutrition are closely linked; what you eat can affect your sleep quality. Understanding this relationship helps improve both your diet and your rest.

KEY CONCEPTS

Sleep Cycle

The sleep cycle consists of different stages, including REM and deep sleep, crucial for recovery.

Nutrient Timing

Eating certain foods at specific times can enhance sleep quality, such as having carbs before bed.

Hydration

Staying hydrated is important, but drinking too much before bed can disrupt sleep.

Caffeine Effects

Caffeine can stay in your system for hours, so limit intake in the afternoon and evening.

Sleep-Inducing Foods

Foods like bananas, almonds, and turkey can promote better sleep due to their nutrient content.

EXAMPLES

- Have a light snack of yogurt and fruit before bed.
- Avoid coffee after 2 PM to improve nighttime rest.
- Drink herbal tea in the evening to relax.

MEMORY TIPS

- ★ Remember 'C-H-S' for Caffeine, Hydration, Sleep-inducing foods.
- ★ Use the acronym 'SLEEP' to recall Sleep Cycle, Light snacks, Evening tea, and Proper timing.
- ★ Visualize a banana and a pillow to connect sleep-friendly foods with better sleep.

COMMON MISTAKES

- ✗ Eating heavy meals right before bedtime.
- ✗ Ignoring the effects of caffeine on sleep.
- ✗ Not considering hydration levels before sleep.

QUICK RECAP

Nutrition plays a vital role in sleep quality. Focus on timing your meals, choosing sleep-friendly foods, and managing caffeine intake for better rest.