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Beginner lessons for Sleep and Nutrition

Unlock Better Sleep with Smart Nutrition Choices!

DEFINITION

> Sleep and nutrition are interconnected; what you eat affects how well you sleep. Proper nutrition can enhance sleep quality and duration.

KEY CONCEPTS

Sleep Cycle

The sleep cycle includes stages of light and deep sleep, crucial for recovery.

Nutrient Timing

Eating certain foods at specific times can promote better sleep patterns.

Sleep-Inducing Foods

Foods rich in magnesium, tryptophan, and melatonin can help improve sleep quality.

Caffeine Impact

Caffeine can disrupt sleep if consumed too close to bedtime, affecting rest.

Hydration Balance

Staying hydrated is important, but excessive fluids before bed can interrupt sleep.

EXAMPLES

→ Eating a banana before bed can help you sleep better.

→ Avoiding coffee after 2 PM supports a restful night.

→ Drinking herbal tea can promote relaxation and improve sleep.

MEMORY TIPS

★ Remember 'MCT' for Magnesium, Calcium, and Tryptophan as sleep-friendly nutrients.

★ Use the phrase 'No Coffee Late' to recall avoiding caffeine in the evening.

★ Think of 'H2O Balance' to remember hydration's role in sleep quality.

COMMON MISTAKES

✗ Eating heavy meals right before bedtime.

✗ Ignoring the effects of alcohol on sleep quality.

✗ Not considering how snacks can impact sleep.

QUICK RECAP

Nutrition significantly influences sleep quality and patterns. Focus on sleep-inducing foods and avoid caffeine late in the day for better rest.