

## *Module 2, Lesson 8 Tool:*

### **Top Sleep Hygiene Recommendations**

When it comes to living a Nutritious Life, getting a good night's sleep is critical. Not only does it improve mood and decrease risk for conditions like hypertension, diabetes, insulin resistance and heart failure, it also aids in weight maintenance and loss. Below are some tips to help you get those zzz's and Sleep Deep.

#### **Sleep-Promoting Foods**

- Asparagus
- Bananas
- Chamomile tea
- Dairy (milk and cottage cheese)
- Nutmeg
- Nuts (almonds and walnuts)
- Salmon
- Tart cherries
- Whole grains (oatmeal and popcorn)

Dinner or evening snacks to help get a good night's sleep may include:

Grilled salmon and asparagus topped with sliced almonds, 1/2 banana with 1 teaspoon almond butter, popcorn with chamomile tea and 1 oz. tart cherry juice, 1/2 cup cottage cheese with dash of cinnamon and 1/3 banana, sliced. Chamomile tea nightly has also been shown to build up in the system and be more effective, so drinking consistently as part of a nighttime routine may be beneficial.

#### **Avoid These Sleep-Inhibiting Foods**

- Added sugars
- Alcohol
- Caffeine (avoid coffee, tea, chocolate)
- High fat meals and spicy meals

## Turn Off Electronics at Night

- Exposure to blue light from screens like your phone and TV affect levels of melatonin, the hormone which helps us sleep
- Change your habits by shutting down electronics 30 minutes before bedtime - incorporate this into your sleep hygiene routine

## Sweat Often

- Not only is it a pillar of living a Nutritious Life, but it also promotes better sleep
- Research shows that exercising during the day can help increase your sleep quality at night
- Getting outdoors to exercise can help keep your circadian rhythm in tune as well

## Set a Sleep Pattern

- Research shows that you can't really make up for lost sleep. In other words, you can't "bank" sleep on the weekends. Instead, aim to stick to a nightly bedtime and daily wake up time
- If need be, extend your sleep on weekends by an hour or so and take a 20 minute power nap when needed

## Be Mindful

- Meditate before bed to help relax (use an app like Headspace or Insight Timer or practice deep breathing exercises such as the 8 count breath)
- Try keeping a notepad by your bed to jot down anything running through your mind. This will allow you to put the thoughts "to bed," knowing you can come back to them in the morning
- As part of your sleep hygiene routine, use essential oils such as lavender in a body oil or as a spritz on your pillow