

IMPROVING YOUR SLEEP HEALTH



Tips and tricks to get your best night of sleep to improve your health.

DOES WHAT WE EAT PLAY A ROLE IN HOW WE SLEEP?

Definitely! There are certain nutrients in food that can help improve our sleep. Here are some foods to incorporate into your diet for improved sleep quality:

Omega-3 Fatty Acids reduce inflammation

sources: salmon, avocado, walnuts, flaxseeds, and chia seeds

Magnesium helps you relax

sources: nuts, seeds, spinach, black beans, yogurt, potatoes, bananas

Iron helps with sleeping through the night

sources: spinach, oysters, sardines, beef, tofu, fortified cereals, chicken

Melatonin regulates your sleep cycle

sources: eggs, lean meats, turkey, milk, tomatoes, oats, grapes, tart cherries

Vitamin D makes hormones to help sleep

sources: trout, salmon, eggs, mushrooms, cow's milk, sunlight

HABITS TO TRY

- Try to wake up and go to sleep at the same time each night!
- Move your body every day.
- Get outside to get some sunshine!
- Find ways to relax before bed and make your sleep environment comfortable.

HABITS TO AVOID

- Spicy, high fat, or high protein foods 3-4 hours before bedtime.
- Limit caffeine in the afternoon and evening. Stop drinking alcohol 2 hours before bedtime.
- Screen-time in bed and before bed if possible.
- Napping after 2 PM.

FOOD FOR THOUGHT:

A balanced diet that's high in fiber and limited added sugar is shown to improve sleep quality!

OVERNIGHT BANANA OATS

Delicious and healthy no cook oatmeal made with oats, milk and seasonal fruits, nuts, and seeds.



We cook. We deliver. We teach. We care.

Yields: 1 serving

INGREDIENTS

- 1/2 CUP MILK OR SUBSTITUTE
- 1/2 CUP OLD-FASHIONED ROLLED OATS
- 1/2 BANANA (MASHED)
- 1/2 CUP YOGURT, OPTIONAL

Topping Suggestions

- 1/4 cup fruit (dried or fresh)
- 1/4 cup nuts
- 1 Tbsp nut butter
- 1/4 c protein powder
- 2 Tbsp seeds
- 1 cup shredded coconut
- 1/4 cup granola
- Spices
- 1 tsp vanilla extract
- Citrus zest



INSTRUCTIONS

- Add milk, oats, yogurt, and banana to a jar or container. Stir, cover and refrigerate overnight or for at least 5 hours.
- In the morning, add additional liquid if desired. Once desired thickness is achieved, top with fruits nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.

Tips of the day

- Rolled oats soak up liquid faster, for a smoother, silkier texture.
- Milk gives oats a creamy & delicious flavor.
- Add enough liquid so its not too thick or pasty.
- Fresh fruit contains natural sugar.
- Add protein powder or yogurt to boost your metabolism.
- Add nutmeg, cinnamon, & vanilla for flavor.

