

## 10 Foods That Help You Sleep

If only there were foods that help you sleep, you could do more of two of your favorite things (sleep and eat!), right?

I mean, you banished your iPhone from your bedroom. You swore off sugary treats post dinner. You added [lavender](#) candles to your bedroom scent. You even have the most comfy bed ever.

Yet, you still can't get those zzz's. And, it's annoying. Really annoying. You're lids are shutting mid-meeting and you're wasting cash on workouts you've signed up for and skipped.

You just don't feel your best. Being tired stinks!

If you've done the above to no avail, I've got a little secret for you. Science tells us that just like there are foods that help you feel energized and ready to tackle the world, there are also [foods that help you sleep](#)...which means you will indeed be able to tackle the world the next day. It's a beautiful cycle.

### **Here are my top 10 foods that help you sleep:**

**Almonds + Cashews:** These go-to nuts contain magnesium, a mineral which acts like a natural sedative. Even a small deficiency in magnesium can lead to trouble in the sleep department.

Try 1 slice of Ezekiel toast with 2 teaspoons of [almond](#) or [cashew](#) butter with a sprinkle of cinnamon as an afternoon snack.

**Apricots:** Not only pretty (and my favorite color!) and deliciously tangy-tart, they're chock full of vitamin C which can help relieve stress. Vitamin C-rich foods have been shown to help your body recover faster from stress, and fewer rattled nerves may mean a mellower slumber.

Try 2 dried apricots (sans sugar and sulfur) cut up and added to your afternoon Greek yogurt. Be mindful of the higher calorie count of dried and go for fresh if you have trouble controlling portions.

**Asparagus:** These green stalks are famous for helping us [cleanse](#) but they are also high in folate. Folate is essential for a healthy cardiovascular system and has been linked to anxiety and [mood regulation](#), both which can affect our slumber.

Drizzle a little avocado oil over a few stalks, sprinkle with sea salt and pepper, and pop in the oven at 400°F for about 15 min. Top with a drop of balsamic vinegar. YUM.

**Bananas:** Sweet and creamy, this fruit is a source of [melatonin](#), a sleep hormone, as well as potassium, which helps normalize heartbeat.

Try [banana](#) "ice cream" (pureed frozen bananas) topped with 1 tablespoon chopped peanuts for a perfect night time sweet fix.

**Chamomile tea:** Made from a tiny European flower in the daisy family, this tea, with its soothing mild flavor, is an age-old remedy for soothing yourself to sleep. Some health experts insist it can be more effective than sleep medications.

Get in the habit of sipping slowly a cuppa chamomile nightly with a drop of steamed almond milk.

**Cheese:** Particularly swiss or cheddar, cheese is a good source of tryptophan. Tryptophan is an amino acid that encourages the release of melatonin. The hormone

melatonin helps to decrease the time it takes to fall asleep, increases sleepiness and

may also increase the amount of time you spend asleep.

An anytime snack is 1 ounce of cheddar and apple slices.

**Nutmeg:** The smell screams “apple pie,” but researchers have shown that nutmeg improves blood pressure and cholesterol levels, and it’s also earned a reputation as a home remedy for menstrual cramps and anxiety.

Sprinkle [nutmeg](#) on your morning oatmeal or afternoon apple.

**Popcorn:** Carbohydrates make tryptophan, an amino acid important for sleep, more available to the brain. [Popcorn](#) is a whole grain and packed with fiber, so you digest these carbs more steadily, making it a perfect night time snack.

Air pop this movie time fave and sprinkle a little parmesan cheese, cinnamon or sea salt and pepper for amped up flavor in your [popcorn](#) bowl.

**Tart cherries:** Considered a symbol of immortality in ancient China, this fruit is loaded with anthocyanins, an important type of antioxidant that lowers inflammation, as well as cholesterol and triglyceride levels. But they’re sleeping beauties, too, since cherries are a natural source of melatonin.

Mix 1 tablespoon dried tart cherries with 1 tablespoon sunflower seeds to use as an oatmeal topper or anytime snack.

So there you have it. 10 foods that help you sleep better, which gives you energy to workout the next day, which motivates you to eat healthier and stay hydrated, which



helps you stress less and nurture yourself, which helps you love more and live consciously. And that, my friends, is living your most Nutritious Life.

---