

Nutrition & Sleep

You know that getting a good night's sleep AND eating right is healthy, but did you know sleep & nutrition can work together to improve your health and well-being?

How Sleep Affects Nutrition & Health

Understanding these connections might help you make better decisions. Here is a sample of the research about sleep and nutrition.

- Lack of sleep promotes weight gain due to an increase in calories from larger portions and late-night eating.*
- People who sleep less tend to store more fat in their mid-section.*
- Getting a good night's sleep helps with inflammation and insulin resistance.*
- Poor sleep leads to poor nutrition decisions that lead to overeating and choosing unhealthy foods.*

How Nutrition Affects Sleep

Eating a healthy diet can increase your ability to fall asleep and stay asleep.

TIPS:

- Eat the right amount of food for you. Overeating can disrupt sleep, especially if you are eating right before bed.
- Consume healthy foods like whole grains, fruits, and vegetables that include vitamins, minerals and fiber. One study reported that people who consumed more fiber had better quality sleep.*
- Avoid caffeine later in the day; even decaffeinated beverages contain a small amount of caffeine. Too much can disrupt falling asleep.
- Alcoholic beverages may help you fall asleep initially, but alcohol can also disrupt deep sleep and worsen sleep apnea.
- Eating high fat foods can cause disrupted sleep. Focus on healthy proteins and carbohydrates.

Getting a good night's sleep helps you stay healthier, make smarter food choices, and improves your well-being. If you are concerned, give us a call.

*Citations available upon request.



QUESTIONS?
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