

FOODS TO EAT

to Promote Better Sleep

01.

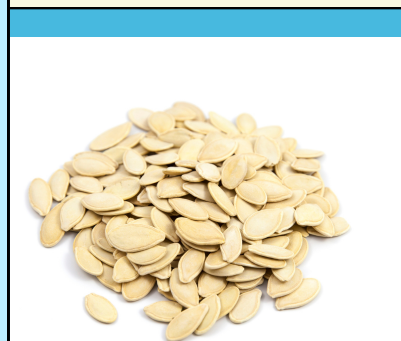
BANANA



Bananas contain tryptophan, which is an essential amino acid involved in the production of melatonin, which is known to promote sleep.

02.

PUMPKIN SEEDS



Pumpkin seeds are a good source of magnesium, which helps to regulate melatonin.

03.

OATMEAL



Oats increase the production of serotonin, which helps the body relax and signals it's time for bed.

04.

FERMENTED FOODS



Fermented foods such as kefir, yogurt, kimchi, etc. suppress cortisol, which causes you to be readily alert, and thus hinders sleep.

05.

WALNUTS



Walnuts are high in the following nutrients, which have been shown to promote sleep: tryptophan, melatonin, and magnesium.