

Sleep + Nutrition tips



Optimize Your Circadian Rhythm:

Circadian Rhythm is your internal body clock that regulates when you're asleep & awake

Your Circadian Rhythm is regulated by hormones:

- cortisol
- serotonin
- melatonin
- adrenaline
- histamine
- norepinephrine



These hormones take cues from:

- daylight
- darkness
- artificial light
- gut bugs
- gut bugs
- caffeine, alcohol, nicotine, medications
- exercise timing



RECOMMENDED AMOUNT OF SLEEP

Age Category	Required Amount per 24 hours
Infants	12-16 hours
Toddler (ages 1-2 years)	11-14 hours
Pre-School (ages 3-5 years)	10-13 hours
Children (ages 6-12 years)	9-12 hours
Teenagers	8-10 hours
Adults	7-9 hours

Source: American Academy of Sleep



MEAL TIMING

During the Day

- Eat all food within 12 hours
- Make midday meal **LARGER** than evening meal!

End of Day

- Eat last meal of the day **3+ hours before sleep**

Later dinner = poorer sleep quality & less REM sleep

- If you have to eat close to bed: limit your protein and choose carb + fat

Tips for Better Sleep **Level 1**

Food and Drink

- Avoid alcohol within 3 hours of bedtime.
- Stop caffeine 6-7 hours before bedtime.
- Limit meal size at evening meal.
- Avoid after-dinner snacks.
- Eat last meal of the day 3+ hours before sleep.
- Limit beverages to 4-8 oz. close to bedtime.
- Check regular PM medications you take to make sure they are not stimulants. Consult with your prescribing provider before making any changes.

Reduce Stress

- Complete moderate-intense exercise 3 hours before bedtime.
- Avoid potentially stress-inducing activities late at night:
 - watching the news
 - checking the stock market
- Feeling anxious? Write down your thoughts into a journal to get them out of your head! Commit to leaving them on the paper until the morning.

Set the Mood

- Let go of self-judgement if going to bed late.
- Choose a time to turn OFF all blue-light screens!
- Turn device light setting to low at night.
- Do relaxing activities before bed:
 - take a bath
 - Epsom salts have magnesium, which supports relaxation + muscle recovery
 - add 2 cups Epsom salts to 1 tub water, soak for ~20 minutes
 - aromatherapy
 - pray or meditate
 - listen to calming sounds

Sleep-Supporting Apps

Calm
Insight Timer
CBT-i Coach
Pzizz
Sleep++
Sleepio
Sleepstream
SnoreLab
U-Sleep

Tips for Better Sleep **Level 2**

Optimize Your Food Timing

Track for 3-7 days:

- track food & beverage intake, include time of consumption
- track hours of sleep & note if it was poor, fair, or good quality
- review your data to identify any patterns contributing to poor sleep

Plan in foods with sleep-supporting nutrients daily:

Prebiotics

apple	dandelion greens	jicama
asparagus	eggplant	leek
banana	flaxseed	legumes
burdock	garlic	onion
chicory	honey	peas
cocoa	Jerusalem artichoke	radicchio

Probiotics



Tryptophan

eggs
fish
turkey
milk & cheese
pumpkin seeds
beans
green leafy veggies
peanuts

Vitamin D

salmon, tuna, sardines
egg yolk
dairy
fortified products:
orange juice, cereal,
plant-based milk
alternatives

Magnesium

almonds	lentils
beans (black, soy)	peanuts
brown rice	potato with skin
cashews	pumpkin seeds
egg yolks	sesame seeds
dark leafy greens	sunflower seeds
quinoa	
salmon	

Tips for Better Sleep **Level 3**

Supplements to Consider



Melatonin (.5-3mg)

- reduce time it takes to fall asleep
- take 1-2 hours before bedtime
- shift work



Magnesium glycinate (300-400mg)

- improve quality
- reduce wake ups during the night
- restless legs syndrome



Ashwagandha (125-300mg)

- reduce time it takes to fall asleep
- prolong sleep time
- may be more effective if insomnia diagnosis
- caution: dizziness, liver, med interactions



Saffron (15-25mg)

- take at least 1 hour before bed
- depression/anxiety
- improve sleep quality, duration, mood upon waking



Vitamin D (800-2000IU)

- best amount based on serum levels
- take daily in the morning

! common Mg types on store shelf = Mg Citrate & Mg Oxide

Check with your healthcare provider prior to starting any new supplements.