

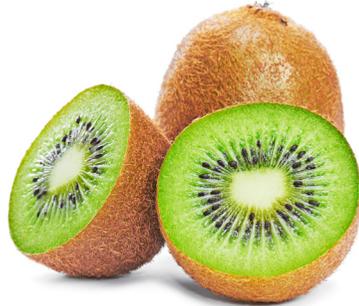
top snacks for a blissful sleep

Source: My fitnessPal

Did you know that sleep is intrinsically linked to the food we eat? Therefore avoid processed comfort foods and takeaway before bed and try these sleep friendly snacks instead:

Kiwi fruit

Eating certain fruits such as kiwis before bed may help you get better sleep. These bright green fruits have been shown to have some sleep-inducing properties thanks to their natural richness in serotonin, a key neurotransmitter in our body that plays a large role in many sleep mechanisms.



Can of tuna or fatty fish

Fatty fish, such as tuna, salmon and mackerel, are an incredible source of protein and an unexpected ally when trying to get better sleep. What makes them unique is their exceptional amounts of vitamin D and omega 3, which have the potential of enhancing sleep quality, as both have been shown to increase the production of serotonin.



Banana and strawberry smoothie

With bananas containing nutrients like potassium and magnesium, alongside the antioxidants and vitamin C found in strawberries, these two popular fruits are a great combination for a tasty and sleep-inducing smoothie.



A handful of almonds

Eating almonds regularly has been linked to improved sleep quality. This is because almonds, along with several other types of nuts, are a source of the sleep regulating hormone melatonin.



Sour cherry juice

Tart cherries are one of the key foods to start including in daily diets when trying to get more restful sleep. With high levels of melatonin, tart cherry juice increases melatonin availability in the body and can promote better sleep quality.

