



# 8 TIPS FOR BETTER SLEEP

KATHERINE HORSTMANN NUTRITION

## 1) Focus on foods that contain Tryptophan

**Why?** We need this to make our sleepy hormone, melatonin as well as our happy chemical, serotonin.

**Top tip** - Good sources are red meat, nuts, nut milks, seeds, bananas, soybeans, organic soy products like tempeh or nato (not Quorn), oily fish, turkey, oats, beans, lentils.

## 2) Don't take electronics into the bedroom

**Why?** iPhones, laptops etc are a source of blue light which disrupts our natural circadian rhythm.

**Top tip** - You can buy 'blue light blocking glasses' to wear when looking at screens. Blueberry are a good brand. Consider buying a good old fashioned alarm clock instead of using your phone alarm - no blue light and no temptation to scroll!

## 3) Avoid caffeinated coffee / tea / energy drinks after lunch

**Why?** Caffeine is very stimulating and can make you too buzzy for bed.

**Top Tip** - Switch to chamomile tea which has been shown to help with inducing sleep.

## 4) Keep a notebook near your bed to write down anything that is worrying you, or simply stopping you from sleeping

**Why?** Our mental to do lists can be a real hindrance to sleep. Sometimes it's a case of when we get 'book the boiler service' onto paper, it's out of our head.

## 5) Leave at least a 3 hour gap between a big meal and sleep

**Why?** Our bodies work very hard to digest the food we have eaten. We want the body to focus on resting rather than digesting as we move closer to sleep.

## 6) Get some outdoor exercise

**Why?** Daylight (especially morning daylight), is particularly helpful for the production of our sleep hormone, melatonin.

## 7) Eat some cherries or walnuts before bed

**Why?** Both are good sources of melatonin.

**Top tip** - See 'Recipes' on my website for my 'sleepy snack.'

## 8) Have a warm bath before bed with 2/3 cups of epsom bath salts

**Why?** Epsom salts contain a really good absorbable form of magnesium which is known as 'nature's tranquilliser' and helps induce sleep.

