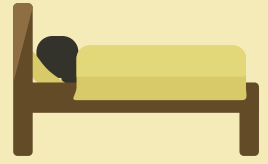# SLEEP...the BEST medicine for health

*...how what you EAT & DRINK can give you the BEST sleep.*

Eat foods high in magnesium

Eat foods such as nuts, seeds, spinach, pumpkin seeds, banana, kidney beans, avocado, apple and broccoli which are all high in magnesium.

Get sunshine (vitamin D) daily

Studies show that low levels of vitamin D can lead to a host of sleep issues, including sleep disruption, insomnia, and overall poor sleep quality.
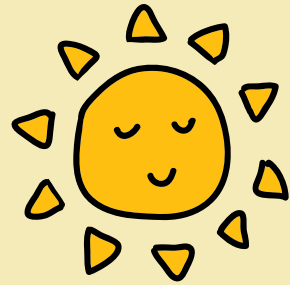
Avoid caffeine after 4pm

According to studies, caffeine can disrupt your sleep up to six hours after consuming it.

Enjoy 30 mins of walking daily

Going for a brisk daily walk won't just trim you down, it will also keep you up less often at night.

Eat foods with *tryptophan

Try a light snack with carbohydrate & protein (such as peanut butter & cracker or a small cup of yogurt) to help get tryptophan to your brain.

Reduce liquids near bedtime

Remember ... lots of fluid and alcoholic drinks near bedtime may cause you to wake up.

*Tryptophan

is an essential amino acid that helps the body make proteins and certain brain-signaling chemicals. Your body changes tryptophan into a brain chemical called serotonin. Getting sufficient levels of serotonin during the day may improve your chances of getting a good night's sleep.