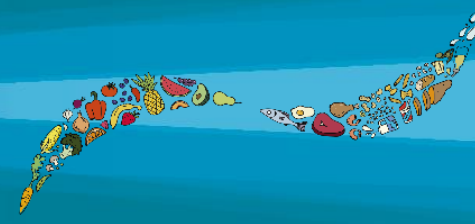


NUTRITION TIPS FOR BETTER SLEEP

Sleep is perhaps our single best recovery strategy and our diet can influence both the quantity and quality of our sleep. Here are some evidence-based nutrition tips to help support better sleep...



POSITIVE IMPACTS

NEGATIVE IMPACTS

A high carbohydrate diet can decrease time taken to get to sleep



A high protein diet improves sleep quality (less periods of waking)



Foods high in **tryptophan** may improve sleep onset and quality e.g. turkey, pumpkin seeds, sesame seeds, eggs and milk



A high GI meal 1h before bed promotes sleep



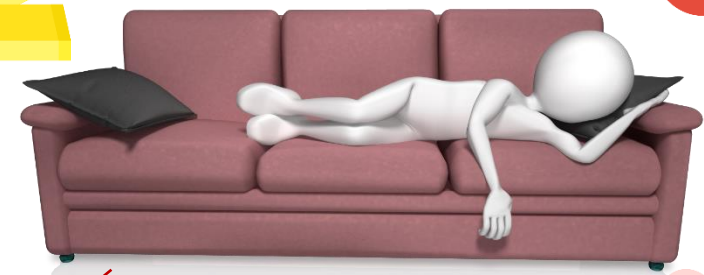
Tart Cherry Juice contains melatonin which can decrease sleep onset



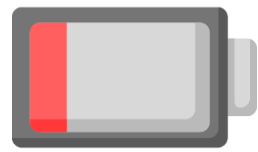
A high fat diet can decrease total sleep time



Caffeine intake causes disrupted sleep – minimise or avoid caffeine intake after 3pm



Energy restricted diets may disturb sleep quality



Deficiencies in key micronutrients (**Iron, Zinc & Magnesium**) are associated with reduced sleep duration

