

# Sleep & Nutrition

## How diet affects sleep hygiene

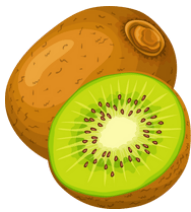
### Add More:

- Fruits
- Vegetables
- Low Fat Proteins
- Foods High in Vitamin B
- Whole grains or Complex Carbs or starches



For longer and better quality of sleep, 60 minutes before bed try:

2 Kiwis



or

2 oz of 100% Tart Cherry  
Juice from Concentrate



or

400 mg Magnesium  
Glyconate



### Limit before bed:

- Caffeine: At least 6 hrs before bed
- Spicy Foods: 4-6 hrs before bed; they can cause indigestion + discomfort.
- Greasy or Fatty Foods: 4-6 hrs before bed; they can lead to digestive issues that disrupt sleep.
- Alcohol: 3-4 hrs before bed; it may help some fall asleep but not stay asleep
- Nicotine: 2-3 hrs before bed, as it is a stimulant.



16th CAB H2F Nutrition Domain



schedule  
an  
appointment



3146 Faith Ave  
JBLM, WA  
98433



@16th.cab.h2f