

LEVEL UP YOUR NUTRITION FOR BETTER SLEEP



NUTRIENTS THAT SUPPORT SLEEP

- **Tryptophan-rich foods:** Turkey, eggs, dairy, and nuts help your body make serotonin and melatonin.
- **Magnesium & Potassium:** Bananas, leafy greens, and sweet potatoes relax muscles and calm nervous systems.
- **Vitamin B6:** Salmon, chickpeas, fortified cereals support melatonin production.
- **Melatonin-rich foods:** Tart cherries, grapes, walnuts naturally reinforce your sleep cycle.

TIMING IS EVERYTHING

- **Avoid heavy meals late:** Try to eat dinner two to three hours before bedtime.
- **Smart snacking:** Eat smart snacks like Greek yogurt and berries or Whole-grain toast with almond butter.

WHAT TO SKIP BEFORE BED

- **Caffeine (within six hours):** Can delay sleep.
- **Alcohol (within four hours):** Disrupts deep sleep.
- **Sugary/spicy foods:** May trigger blood sugar swings or heartburn.

SLEEP-SUPPORTING DRINKS

- **Chamomile or Valerian Root Tea:** Calming herbs to help you wind down.
- **Tart Cherry Juice:** Packed with melatonin and antioxidants.
- **Warm Milk:** Comforting and rich in tryptophan.

SLEEP-SUPPORTING RECIPES

TART PROTEIN SLEEP SHAKE

- **20g WHEY PROTEIN**
(THIRD-PARTY CERTIFIED)
- **1 CUP MILK**
- **30ML TART CHERRY JUICE**
- **2 SLICED KIWIS**
- **1 WHOLE BANANA**



KIWI HONEY DREAM BOWL

- **1 CUP LOW-FAT GREEK YOGURT**
- **2 SLICED KIWIS**
- **1/2 CUP GRANOLA**
- **1/4 CUP ALMONDS**

