Mashhad University of Medical Sciences

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Sleep Disorders
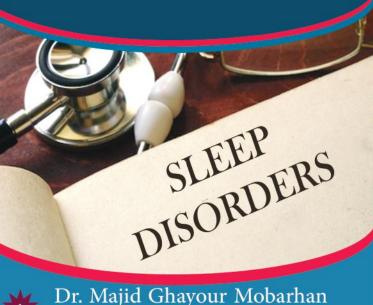
SLEEP DISORDERS

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➤ **Nutrition and sleep disorders** ◄

The best foods you can eat before bed to increase sleep quality:

➤ **Turkey**: Due to its protein and tryptophan content, it can be a great food to eat before bed, both of which can cause fatigue.

➤ Kiwi is rich in serotonin and antioxidants, both of which can improve sleep quality.

➤ Due to the content of melatonin, which is a sleep-enhancing hormone, cherry juice may help induce good sleep at night.

➤ Fatty fish is an important source of vitamin D and omega-3 fatty acids, both of which have properties that can improve sleep quality.

➤ Walnuts have several properties that can improve sleep and improve the content of melatonin and healthy fats.

➤ Consumption of white rice can be beneficial before going to bed due to its high blood sugar index, which may cause better sleep.

➤ **Milk**: Another well-known source of tryptophan is milk, which has been shown to improve sleep, especially when the elderly would consumed with melatonin and accompanied by exercise.

➤ **Bananas**: Bananas contain tryptophan and are a good source of magnesium. Both of these features can help you get a good night's sleep.

➤ **Oatmeal**: Similar to rice, oatmeal is high in carbohydrates and has been reported to cause drowsiness when eaten before bedtime. In addition, oats are a known source of melatonin.

To enjoy the benefits of sleep-enhancing foods, it is best to use 2-3 hours before bedtime.
because eating right before bed is possible causes digestive problems such as acid reflux.

➤ **Ketogenic diet and sleep disorders** ◄

A ketogenic diet is a low-carbohydrate diet that helps control glucose, insulin sensitivity, and even lower triglycerides. People on a ketogenic diet are more alert during the day and sleep more soundly at night. Reducing carbohydrates along with a significant increase in fat intake (which occurs in a ketogenic diet) can cause changes in sleep patterns. These nutrients have different effects on the body and can affect sleep in certain ways. This low-carb, high-fat diet may have benefits for sleep, both through weight loss and through other pathways.

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Good sleep is extremely important for the overall health of humans and can reduce the risk of some chronic diseases, keep the brain and digestive system healthy and strengthen the immune system. It is generally recommended that you get 7 to 9 hours of complete, uninterrupted sleep each night. There are many strategies you can use to improve proper sleep, including:

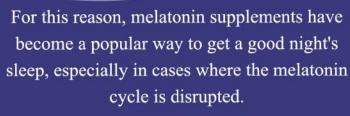Make changes to your diet because some foods have sleep-inducing properties.

Melatonin and sleep disorders

Melatonin is a hormone that your body naturally produces and tells your brain that it is time for sleep.

Studies show that melatonin improves sleep quality and duration.

For this reason, melatonin supplements have become a popular way to get a good night's sleep, especially in cases where the melatonin cycle is disrupted.

Magnesium and Sleep Disorders

Magnesium may help calm the mind and body and make sleeping easier. The sedative effect of magnesium may be due in part to its ability to regulate melatonin production. Increasing your magnesium intake with supplements may also help you optimize the quality and quantity of sleep.