



You can have a comfortable bed, regular sleep habits and a life free of major stresses but somehow, when your head hits the pillow, you find that you still can't fall asleep. It might be that what you are eating, especially right before you turn in for the night that is contributing to your sleeplessness. Russell Rosenberg, Ph.D., CEO of the National Sleep Foundation has discovered that there are some foods that are "sleep promoters"

What to Eat to Sleep

and some foods that are "sleep stealers".

Top 10 Sleep Promoters

1) Most Fish

Fish, especially salmon, halibut and tuna contain vitamin B6, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness).

2. Jasmine Rice

The American Journal of Clinical Nutrition determined that when healthy sleepers ate carbohydrate-rich suppers of veggies and tomato sauce over rice, they fell asleep significantly faster at bedtime if the meal included high-glycemic-index jasmine rice rather than lower-GI long-grain rice. The study also found that consuming jasmine rice four hours before bedtime cut

the amount of time it took to fall asleep in half probably due to the increased production of tryptophan

The authors speculate that high-glycemic-index meals may up the production of tryptophan which is sleep-promoting.

3. Cherry Juice

Cherries are one of the few natural foods to contain melatonin, the chemical that

helps control our body's internal clock according to Keri Gans, a registered dietician in New York City and author of The Small Change Diet. Melatonin-rich tart cherry juice was shown in a study to aid sleep. When adults with chronic insomnia drank a cup of tart cherry juice twice a day they experienced some relief in the severity of their insomnia.

4. Yogurt

Dairy products like yogurt and milk boast healthy doses of calcium—and research suggests being calcium-deficient may make it difficult to fall asleep. So a glass of milk before bed will up your calcium intake and may even bring back soothing memories of childhood, which can also help you drift off.

5. Whole Grains

The Journal of Orthomolecular Medicine reports that barley, oats and other whole grains are rick in magnesium—and consuming too little magnesium may make it harder to stay asleep.

6. Kale

We know that dairy products are well-known calcium-rich foods, but did you know that green leafy vegetables, such as kale and collards, also boast healthy doses of calcium? As research suggests, calcium deficiency may make it difficult to fall asleep.

7. Bananas

According to the Annals of the New

York Academy of Sciences, bananas are well-known for being rich in potassium and they are also a good source of Vitamin B6, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness).

8. Chickpeas

Chickpeas also boast vitamin B6, which is needed to make melatonin, according to information published in the Annals of the New York Academy of Sciences.

9. Fortified Cereals

Fortified cereals also boast vitamin B6, which is needed to make melatonin. Try a bowl of Kashi or shredded wheat which contain "good" or complex carbs. Cereal goes well with milk which has its own sleep-promoting qualities.

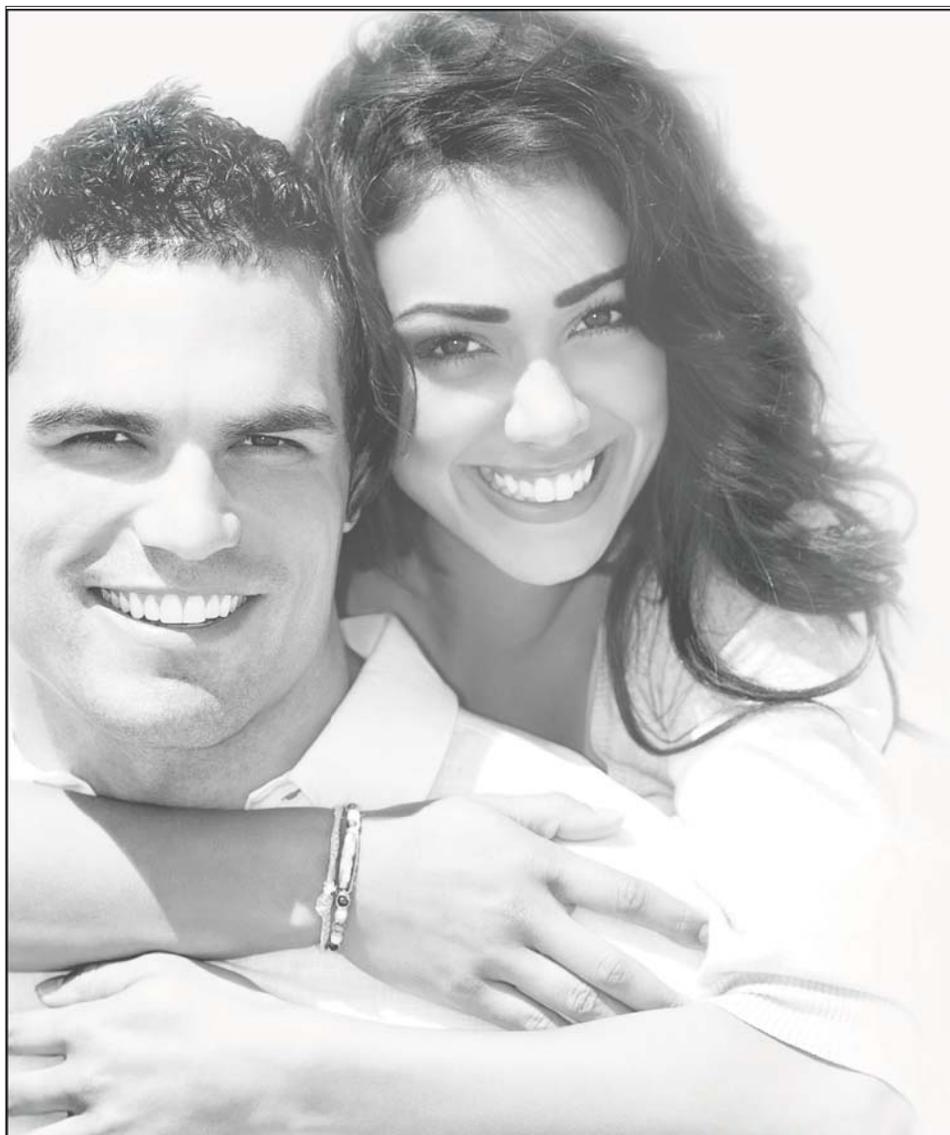
Other complex carbs are quinoa, barley, and buckwheat.

10. Sweet Potatoes

Sweet potatoes are a sleeper's dream. Not only do they provide sleep-promoting complex carbohydrates, they also contain that muscle-relaxant potassium. Other good sources of potassium include regular potatoes (baked and keep the skin on), lima beans, and papaya.

While we can't help you go grocery shopping, we can help ensure that your mattress isn't contributing to your insomnia. Visit Sleep Experience and we'll help you choose a mattress that promotes sleep.

Jim Conlon



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