

Sleep-Friendly
**BEDTIME
SNACKS**

You probably already know some foods can interfere with sleep, like caffeine, alcohol, chocolate, and sugary treats. But if you are hungry before bed, here are a few tips for choosing a light, balanced snack that can help support sleep:

Keep it light: ideally, eat your last meal at least 3 hours before bed, and choose a snack that's small and easy to digest. Warm drinks like chamomile tea or warm milk can also be soothing and help your body relax.

Include a little protein: foods like nuts or nut butter, cheese, edamame, turkey, or chicken provide tryptophan, a nutrient linked with better sleep.

Keep sweetness natural: added sugar can spike blood sugar and feel too stimulating before bed. If you want something sweet, choose fruit instead - especially tart cherries or bananas, which are both linked with better sleep.

1 GREEK YOGURT + TART CHERRIES + NUTS

Plain Greek yogurt + frozen or dried tart cherries + chopped nuts of choice

WHY IT WORKS:

Tart cherries are a natural source of melatonin, and yogurt provides protein and calcium.



2

BANANA WITH NUT BUTTER + CINNAMON

Half or whole banana + nut butter drizzle + sprinkle of cinnamon

WHY IT WORKS:

Bananas provide magnesium and potassium, while nut butter adds healthy fats and a little tryptophan.



3 COTTAGE CHEESE + BERRIES + FLAX SEED

Cottage cheese + blueberries or strawberries
+ ground flaxseed

WHY IT WORKS:

This combo offers slow-digesting protein
and can help keep you satisfied overnight.





SLEEPY OATMEAL

Oats + milk of choice + chia seeds + walnuts + dash of maple syrup

Optional: sliced banana

WHY IT WORKS:

Warm oats are comforting, and a small portion of carbs may help promote sleepiness.



5 SAVORY CRACKERS

Whole grain crackers with sliced turkey + avocado

WHY IT WORKS:

A balanced mix of protein, fat, and carbs, with turkey as a source of tryptophan.



6 CREAMY GOLDEN MILK

Warm milk of choice + turmeric + cinnamon + ginger + tiny bit of honey

WHY IT WORKS:

Warm, comforting drinks can help signal the body to wind down.

