

# Bedtime foods

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for more gentle sleep support

## FOOD THAT PROMOTES SLEEP



Banana- High in potassium and magnesium which are good for muscle relaxing

Almonds/Almond butter- High in Calcium and tryptophan



Complex carbohydrates such as wholewheat, raspberries or brown rice.

Sweet potato- High in potassium and is a complex carbohydrate



Kiwi - High in Serotonin folate and vitamins C and E

Spinach- High in tryptophan and magnisum



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## FOOD THAT STIMULATES



Caffinated drinks including some tea and hot chocolate

Chocolate- contains caffeine which increases heart rate



Tomato- high in tyramine which is a stimulant

Spicy foops- can cause reflux and raise core temperature.



Dried fruit- high in fiber can cause slow digestion and bloating

High protein food without a complex carbohydrate as this causes slow digestion



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