




INTRODUCTION


A poor night's sleep does more to the body than just waking up unrefreshed. If we don't get enough sleep (<6hr per night) our hunger and satiety hormones (ghrelin and leptin) get disrupted, meaning you're more like to reach for sugary foods and refined carbohydrates, and eat more of them than normal. Women particularly, are more susceptible to weight gain when we are at a sleep deficit over a period of time. Our sleep is affected by many lifestyle factors including stress, home environment, and diet.


HOW A CLINICAL NUTRITIONIST CAN HELP YOU:


1. Holistic advice that considers all aspects of your lifestyle and diet to understand what may be contributing to your condition
2. Pathology testing and referrals to gain insight into contributing factors (hormones, nutrient deficiencies, allergies)
3. Where clinically indicated, practitioner-quality supplements prescribed at doses specific to your individual needs

DIET


 Eliminate caffeinated drinks after 3pm (e.g. black tea, green tea, coffee) as caffeine stimulates cortisol (stress hormone) production that interferes with sleep onset and duration. Opt for herbal teas such as camomile or peppermint instead


 Incorporate alcohol-free nights during the week. Alcohol dehydrates us which can disrupt sleep and also encourage frequent wakings for bathroom visits


 Include macronutrients (protein, fats and complex carbohydrates) on your plate at dinner - a balanced plate will ensure you have enough nutrients to support restful sleep


 Eat dinner at least 2hr before bedtime. If your stomach is too full close to bedtime this can cause digestive upset when you lie down, making it more difficult to fall asleep

LIFESTYLE

 Aim for a bedtime around 10pm. Melatonin (sleep hormone) production is higher prior to midnight, enabling you deeper and more restful sleep

 Adopt the same bedtime ritual every night to signal to your body it's time to wind down (cup of herbal tea, a warm shower, read a book)

 Leave your phone out of the bedroom – remove the temptation to check it as blue light is blocks our production of melatonin (our sleep hormone)

 Use ear plugs, eye mask, white noise in bed to block out distracting noises and lights



TRYPTOPHAN-RICH FOODS

Foods that contain an amino acid called Tryptophan help us get a good night's sleep. Tryptophan helps our body produce Melatonin, which is our sleep hormone. Foods high in tryptophan include:

- Chicken
- Turkey
- Tuna
- Eggs
- Milk & Dairy
- Legumes and beans
- Edamame / tofu / tempeh
- Oats
- Bananas
- Peanuts / peanut butter
- Pumpkin & sunflower seeds

MELATONIN-RICH FOODS

Melatonin, our sleep hormone, is highest prior to midnight before it starts declining in response to rising cortisol. Consuming foods rich in melatonin daily help our body build that hormone.

- Walnuts
- Sour cherry
- Cottage cheese
- Milk
- Banana
- Pineapple
- Oranges

OTHER NUTRIENTS THAT HELP TRYPTOPHAN CONVERT TO MELATONIN

ZINC

- Oysters
- Nuts (cashews / almonds)
- Pumpkin seeds
- Chickpeas / kidney beans
- Chicken
- Lobster / crab

MAGNESIUM

- Nuts (cashews / almonds)
- Pumpkin seeds
- Legumes
- Wholegrains (barley, brown rice, quinoa)
- Dark leafy greens

IRON

- Meat, poultry, fish
- Legumes
- Tofu / Tempeh
- Spinach
- Broccoli & kale

Are you ready to improve your sleep, energy and all round health?

**BOOK A FREE
DISCOVERY CALL**





CAILIE FORD IS A MOTIVATIONAL SPEAKER, CLINICAL NUTRITIONIST AND ACCREDITED CHANGE MANAGER.

CAILIE WORKS WITH INDIVIDUALS AND BUSINESSES ACROSS THE GLOBE, PROVIDING WELLBEING SERVICES THAT SUPPORT PEOPLE TO THRIVE AND COMPANIES SUCCEED.

HOW I CAN HELP



WORKPLACE WELLBEING

Workshops and programs that help employees be their best professionally and personally.

[BOOK A CALL](#)



PRIVATE CONSULTS

Personalised support to help you improve your wellbeing, one step at a time.

[BOOK A FREE DISCOVERY CALL](#)



MUMS & BUBS NUTRITION

Practical, nutritional workshops are perfect for new parents and carers.

[ENQUIRE NOW](#)