The Best Foods for Sleep - From a Nutritional Psychiatrist. Transcript

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Sleep Problems and Nutrient-Rich Foods

Since COVID, so many more people are suffering with poor sleep, and so much so that we often call it corona somnia. Since so may people suffering from poor sleeping, incorporating foods rich in melatonin, vitamin D, magnesium and tryptophan can really help significantly enhance sleep quality and overall well-being.

Below is a curated list of foods that I like to talk about and encourage people to use in order to sleep better.

Melatonin-Rich Foods

Now let's look at melatonin-rich foods. The best sources of melotonin rich foods are tart cherries, pistachios, walnuts, bananas, goji berries, grapes, tomatoes, and oats.

Next are vitamin D rich foods which support mood but also better sleep. Vitamin D is essential for regulating serotonin and melatonin production, both of which will impact sleep and mood.

Vitamin D Foods and Sunlight

The best sources are fatty fish like salmon and mackerel, sardines or tuna, egg yolks, mushrooms, especially mushrooms that are exposed to sunlight, and different types of cheeses, different type of plant based milk, as well as cod liver oil.

Now remember that sunlight exposure is the best natural way to boost vitamin D levels. Just spending 10 minutes in actual sunlight or daylight without sunblock or sunscreen will help your vitamin d production, and thereafter definitely wear your sun block or sun screen.

And remember you can't get that effect through a window. You do have to be outside. Now magnesium rich foods support relaxation and reduce stress and therefore help you sleep.

Magnesium-Rich Foods

Magnesium helps regulate neurotransmitters involved in sleep and relaxation. The best foods for these include dark leafy greens like spinach, Swiss chard, pumpkin seeds, almonds, cashews and walnuts, as well as avocados, dark chocolate, legumes, black beans, lentils, and whole grains like quinoa.

What about Tryptophan rich foods? These boost serotonin and melatonin production, and tryptophane is an amino acid that helps the production of seratonine and Melatonins, thereby promoting relaxation and improved sleep.

Tryptophan-Rich Foods

And where can you get these? Turkey, chicken, salmon, eggs, cheese, especially parmesan, nuts and seeds, pumpkin seeds sunflower seeds walnuts, oats, tofu, edamame and bananas.

Now for some of my best sleep boosting food combinations, using the science behind how these nutrients are absorbed, let me tell you what I like to do.

Well, sometimes adding oatmeal with walnuts and tall cherries can provide melatonin, magnesium and tryptophan to help you sleep. Grilled salmon with quinoa and spinach are high in vitamin D, Magnesium and Tryptophane.

Sleep-Boosting Food Combinations

Bananas with almonds and dark chocolate contain melotonin magnesium, and serotonine precursors. Yogurt with pumpkin seeds and goji berries are rich in magnesium vitamin d and So when you think about it, to improve your sleep, all you need to do is start incorporating these foods into your diet.

And this could naturally boost your melatonin levels and potentially help you sleep better, improve the quality of your asleep and really feel rested.