

The Importance of Sleep

Activity 1: Do's & Don'ts – Foods for Better Sleep



Getting the right amount of sleep is essential, but did you know your nutrition can impact your sleep quality too?

Instructions: In this activity, complete the chart below by listing foods you think are helpful (“Do’s”) or harmful (“Don’ts”) for a good night’s sleep. Think about how these foods might affect relaxation, digestion, or energy levels before bedtime.

Do’s (Foods to Enjoy)	Don’ts (Foods to Avoid)
Example: Warm milk	Example: Spicy foods

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Activity 1: Do's & Don'ts – Reference Guide: Foods for Sleep Examples



Do's (Foods to Enjoy)

These foods can help promote relaxation and better sleep:

Warm milk: Contains tryptophan, which supports melatonin production.

Bananas: Rich in magnesium and potassium, which help relax muscles.

Almonds: Contain magnesium and healthy fats that aid sleep.

Oatmeal: A source of melatonin and complex carbs, promoting calmness.

Don'ts (Foods to Avoid)

These foods can disrupt sleep or cause discomfort:

Caffeinated drinks: Coffee, tea, energy drinks, and soda can keep you awake.

Spicy foods: May cause indigestion or heartburn at night.

Sugary snacks: Cause spikes and crashes in blood sugar, affecting sleep quality.

Alcohol: Disrupts deep sleep and can lead to frequent awakenings.