

NOURISHMENT

NOURISH YOUR WAY TO BETTER SLEEP

While multiple factors, such as stress management and sleep hygiene, play crucial roles in achieving quality sleep, the connection between nutrition and sleep should not be underestimated. Here are some foods that may help support quality sleep.

	MAGNESIUM	MELATONIN	TRYPTOPHAN
Why it's important:	Relaxes central nervous system and may aid in production of melatonin	Regulates our body's circadian rhythm	Influences production of melatonin and serotonin
Where to get it:	Nuts, seeds, legumes, leafy greens, whole grains	Milk and milk products, tart cherries, eggs, fish, some nuts	Protein-rich foods, especially poultry, dairy, eggs, seafood

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Cultivating wellbeing practices for life

