

Insomnia

What Is It?

- **Insomnia**- tired but can't fall asleep, sleep only short periods of time before waking, the inability to sleep, wake up and unable to go back to sleep
- A widespread health problem



What are the symptoms?

- **Symptoms**- not a disease causing depression, anxiety, stress, sleep apnea

Information:

- What you eat, when you eat and the amount all effect the quality of sleep
- **Nutrients that Promote Sleep**- calcium, copper, iron, magnesium, and zinc (see handouts on all of these with foods high in each nutrient)
- **Avoid**- aluminum (Al) or medications with Al
- **Vitamins that Help with Sleep**- B vitamins, B3, B12, folic acid, tryptophan but stress, smoking, alcohol, and birth control pills can all delete these vitamins
- **Avoid**- eating too much or too little food, often times heartburn disrupts our sleep
- **Avoid Alcohol 8 Hours Prior to Sleep**- eat a balanced light supper and bedtime snack, less fluids, **no MSG, no caffeine**-before going to bed, also **avoid gas forming foods**
- **Causes**- irregular work schedules, stress, worry, anxiety, too much caffeine or alcohol at bedtime

What can I do?

- **See your Health Care Provider**
- **See a Registered Dietitian**- cut down on caffeine, alcohol, alcoholic beverages (see handout on caffeine for foods high in caffeine)
- **Avoid**- MSG or foods with MSG, alcohol, smoking, over or under eating
- **Bedtime**- Drink a glass of warm milk with some vanilla wafers or graham crackers

