Insomnia

What Is It?

Insomnia- tired but can't fall asleep, sleep only short periods of time before short perio

What are the symptoms?

• **<u>Symptoms</u>**- 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
- <u>Nutrients that Promote Sleep</u>- 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
- <u>Vitamins that Help with Sleep</u>- B vitamins, B3, B12, folic acid, tryptophan but stress, smoking, alcohol, and birth control pills can all delete these vitamins
- <u>Avoid</u>- eating too much or too little food, often times heartburn disrupts our sleep
- <u>Avoid Alcohol 8 Hours Prior to Sleep</u>- eat a balanced light supper and bedtime snack, less fluids, **no MSG**, **no caffeine**-before going to bed, also **avoid gas forming foods**
- <u>Causes</u>- irregular work schedules, stress, worry, anxiety, too much caffeine or alcohol at bedtime

What can I do?

- See your Health Care Provider
- <u>See a Registered Dietitian</u>- 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
- <u>Bedtime</u>- Drink a glass of warm milk with some vanilla wafers or graham crackers