



DAYLIGHT SAVINGS MESSES WITH YOUR SLEEP

THESE FOODS CAN
HELP YOU WITH THAT
YOU WITH THAT

EAT YOUR WAY TO BETTER SLEEP

Choosing foods to help with a better a better night's sleep means more than avoiding caffeine and heartburn-inducing foods. Certain foods could actually help you fall asleep faster and stay asleep.

- Oatmeal
- Almonds
- Walnuts
- Cottage Cheese
- Cheese and crackers
- Hummus
- Warm Milk -
- Cereal
- A Cup of Bedtime Tea
- Passionflower Tea
- Complex Carbs -
- Honey
- Certain fruits: Bananas, Kiwi, Tart Cherry Juice
- White Rice
- Turkey.
- Kale
- Lettuce .
- Pretzels
- Fatty Fish