

Key Sleep-Promoting Foods

Almonds are rich in magnesium and melatonin, which help relax muscles, calm the nervous system, and regulate the body's circadian rhythm. A small handful before bed can signal your body to wind down.

Kiwi contains high levels of serotonin, antioxidants, and folate, which may help people fall asleep faster, sleep longer, and wake up less during the night.

Tart cherries and tart cherry juice are natural sources of melatonin, supporting circadian rhythm regulation and increasing total sleep time and sleep efficiency.

Turkey is high in protein and contains tryptophan, an amino acid that promotes melatonin production and drowsiness, helping you feel sleepy.

Warm milk also provides tryptophan and has a comforting effect that can reduce anxiety and prepare the mind for rest.

Other helpful options include pistachios, cashews, whole grains, and foods rich in magnesium, zinc, and omega-3 fatty acids, which support relaxation and sleep quality.

Balanced diet: Regular intake of nutrient-rich foods throughout the day helps regulate sleep patterns over time.

6 Healthy Sleep Habits for Older Adults

People spend about one-third of their life sleeping or trying to sleep. Being older doesn't mean you have to be tired. Sleep is important for your body and affects your ability to function during the day. Below are some healthy habits that can help you fall and stay asleep.

