

3 foods to help you sleep

For mild cases of insomnia due to temporary psychological stress, it can be resolved on its own after resting and eating appropriately.

There are many methods to treat insomnia depending on the severity, living environment, comorbidities, . from which there is an appropriate treatment. For cases of temporary psychological stress, mild cases of insomnia can resolve on their own after resting and eating appropriately for a day or two. There are a number of foods eaten before bed that not only do not cause weight gain, but also help protect health and support sleep.



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Here are 3 foods to help you sleep well

first

Millet porridge helps reduce excitement



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Millet porridge is a food containing Tryptophan that helps to reduce excitement.

Tryptophan exchange in the body will produce 5 hydroxytryptamine or commonly known as 5-HT, this substance helps control the central nervous system excitement, causing a feeling of drowsiness. In addition, 5-HT after entering the body will convert to produce Melatonin. Melatonin is proven to have a calming effect on the mind, calm the mind, and induce sleep.

Of all grains, millet contains the most Tryptophan. Dinner with a little millet will be beneficial to increase the amount of Tryptophan in the brain, in addition, gourd seeds, bean curd, tofu shells, shrimp paste, sesame, . also contain high Tryptophan.

2

Barley helps to eliminate sadness



Barley helps to eliminate sadness Barley is a vitamin B food that helps to eliminate sadness.

Among the types of B vitamins have the effect of regulating and coordinating each other, can regulate old and new metabolism, and enhance nervous system function.

In foods from barley, it is not rich in vitamin B, which can eliminate sadness, insecurity, and have a lulling effect. Oats, wheat, barley, raw rice, barley bread, rye crackers are all barley foods.

3

Milk and walnuts help relax the mind



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Research has found that when combined with calcium and zinc, they become a natural sedative and relaxant.

Calcium-rich milk is recognized as "the best sleep aid". Fruits such as walnuts and peanuts contain a lot of zinc. In clinical practice, walnut is used to treat nervous weakness, insomnia, amnesia, sleep a lot of dreams.

1. If these foods are used at the same time, the effect will be better, but barley bread will interfere with the absorption of calcium in milk, it is not recommended to use these two foods at the same time.
2. Eating properly and regularly helps, of course, to help you sleep, but if the quality of your sleep is still not good, you should see a doctor soon.

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