

Fruits that help you sleep better

Dietary habits also play an important role in the quality of sleep. Here are some fruits you should consider adding to your diet for better sleep.

If you regularly struggle to get a good night's sleep, you've probably tried a variety of methods, such as meditation or journaling. However, your dietary habits also play a big role in the quality of your sleep. While you may be worried that snacking right before bed will cause bloating, indigestion, or acid reflux, the good news is that a small portion of fruit can actually be a smart choice, as many fruits are rich in sleep-promoting nutrients. Here are **some fruits to consider adding to your diet for better sleep** .



Kiwi

Thanks to its high melatonin and serotonin content, eating fresh kiwis can promote sleep. One study even found that eating two medium-sized green kiwis an hour before bed is ideal.

Serotonin, a precursor to melatonin, helps with relaxation, mood regulation, body temperature regulation, and sleep-wake cycles. *' In the body, serotonin works by creating feelings of relaxation and emotional well-being, which prepares the mind for sleep, '* explains Jennifer Pallian, RD, a registered dietitian. *' It also regulates physiological rhythms like body temperature and motor control, which influence relaxation. '*

Melatonin is essential for regulating and resynchronizing the body's biological clock. "This synchronization is key to falling asleep faster and staying asleep throughout the night," Pallian explains. She also notes that kiwis are high in vitamin C, folate, and other B vitamins. Low folate levels, in particular, have been linked to a higher risk of insomnia, as folate plays a role in the production and regulation of neurotransmitters like serotonin.

Pineapple

Pineapple is rich in melatonin, serotonin, and tryptophan—compounds that help regulate sleep, body temperature, and circadian rhythms. In particular, tryptophan plays an important role in promoting sleep because it is the only precursor to serotonin, which then helps create melatonin. In one study, juice from 1 kg of pineapple was shown to significantly increase serum melatonin and antioxidant levels. *' Although the study used juice, fresh pineapple may be just as effective because it contains similar compounds ,'* says Pallian. She also notes that the antioxidants in pineapple help reduce oxidative stress, which may promote better sleep.



Cherry

Montmorency cherries, which are particularly rich in melatonin, are effective sleep aids. These tart cherries have another benefit: they contain tryptophan and anthocyanin, a powerful antioxidant that protects cells from damage caused by factors like stress, pollution, and a high-fat, high-sugar diet. *' Because of their anti-inflammatory properties, they can relax muscles, helping the body relax and sleep better, '* says Kaiden. She also notes that anthocyanin can help lower blood pressure, which is important for helping the body transition into rest mode. For best results, drink 240 to 300ml of tart cherry juice, or 250 to 600ml of juice concentrate.

Butter

The sleep-promoting properties of avocados may come from their magnesium content. Magnesium not only helps the body produce melatonin, but also helps regulate brain chemicals like GABA, which promotes relaxation and calms the nervous system – both of which are key to falling and staying asleep. According to one study, the ideal amount to consume to aid sleep is one whole avocado.

These fruits are also high in fiber, with just one providing nearly 50% of your daily recommended intake. This is notable because emerging evidence suggests that people with poor eating habits and chronic digestive problems tend to sleep less and sleep less efficiently, and suggests that increasing your fiber intake through whole foods like avocados may help address some of the gut-related issues that can affect your sleep.



Banana

Packed with melatonin and tryptophan, bananas have the potential to actually promote sleep. One study found that eating two whole bananas helped promote better sleep—but the benefits don't stop there. The antioxidants in bananas also reduce oxidative stress, which may contribute to better sleep. Both help your body relax and fall into deeper, more restorative sleep.



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