

You may not know: Fermented foods contain bacteria prebiotics to help improve sleep

Add a new positive medical effect from fermented food that has been discovered by the scientific community is receiving the attention of many people.

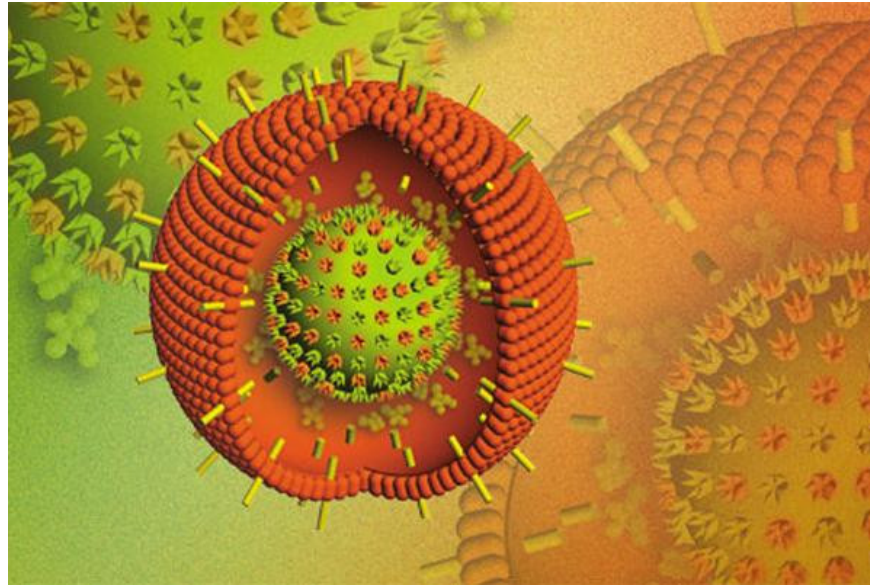
Add a new positive medical effect from fermented food that has been discovered by the scientific community is receiving the attention of many people.

A group of scientists at the University of Colorado Boulder has just announced that a beneficial bacteria in fermented food with scientific name is Prebiotics very well in the intestine, helping to improve sleep and well-being management, reduce some symptoms of stress .

' *We found that a beneficial diet rich in bacteria helps improve sleep, sleep disorders (REM) as well as some other stressful symptoms* ' - Robert Thompson, a researcher of the Department of Integrative Physiology said in a statement.



Prebiotics are often found mainly in some foods rich in fermented fiber made from chicory, artichokes, raw garlic, leeks, onions . When fermented, Prebiotics bacteria will digest substances Fibers in this food, active, beneficial, improve intestinal health while supporting digestive metabolism .



In addition, a number of other sideline studies have shown that fermented foods rich in Prebiotics also help improve brain function. Monika Fleshner, a professor at the Department of Integrative Physiology Institute, shared.

To reach this conclusion, the group fed three male 3-week-old rats to a two-child diet that ate fermented foods rich in Prebiotics, while the other children ate regular foods.

After that, the team will monitor mouse body temperature, flow and ability to function the intestinal bacteria along with the sleep-wake cycle, measuring the EEG according to certain time periods.



The results showed that two mice with Prebiotics rich in fermented food diet had better, deeper sleep, did not have **REM sleep disorder** like the other mouse.

' *The diet of fermented foods contains Prebiotics bacteria that helps deep, good, and stable sleep will greatly affect the brain while, in part, it will help promote optimal brain and nervous system. Sutra as well as psychological health* '- The authors in the study group said.

For mice suffering from stress when feeding the Prebiotics-rich food regimen, after a short time, REM sleep disorders improved dramatically, and were even less likely to become tangled. nervousness in the next time.

In addition, the research team showed that the diversity of intestinal bacteria will affect more or less the physiological and body temperature changes.



Not only that, with mice that regularly eat a diet rich in Prebiotics, their intestinal flora is very healthy and their physiological physiological temperature is completely normal. often even after being stressed.

However, this result was only tested in mice, Fleshner said, it is too early to add Prebiotics as a way to improve and treat REM sleep disorder. However, she advises that the consumption of fermented foods rich in intestinal bacteria beneficial to Prebiotics is essential.

This research has just been published in Frontiers Behavioral Neuroscience.

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