



# FOR BETTER SLEEP: 5 Foods to Avoid Before Bed

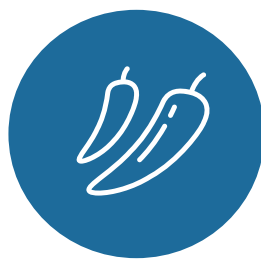
Did you know that diet and the quality of your sleep are related? The food you eat before hitting the hay can be sabotaging your sleep.

Though late dinners are occasionally unavoidable, studies suggest evening meals and nighttime snacking, regardless of what you munch on, are associated with poorer sleep quality. Some foods, however, are worse than others. Knowing which foods to avoid before bed could mean the difference between a restful snooze and a night full of tossing and turning.



## ICE CREAM

It's loaded with fat and sugar; both are associated with lighter and more interrupted sleep.



## SPICY FOODS

For some, spicy food aggravates acid reflux which can cause heartburn.



## FATTY FOODS

Fat can aggravate heartburn, a symptom of acid reflux in which stomach acid makes its way into your esophagus.



## ALCOHOL

Although alcohol can make you drowsy, it does not translate to a restful slumber. Alcohol can inhibit restorative sleep and cause you to wake up throughout the night.



## CHOCOLATE

Although dark chocolate can be good for your heart, it also contains caffeine. The higher the percentage of cocoa, the more caffeine it contains.

*Sources: The Sleep Foundation, Cleveland Clinic, American Academy of Sleep Medicine*

Use your *Be Well SHBP* program resources to help achieve your goals.

- Complete your RealAge® Test at [BeWellSHBP.com/Healthy](https://www.BeWellSHBP.com/Healthy)
- Join a monthly online challenge and track various healthy factors, including sleep
- Call a well-being coach; set goals to reach your healthy best

