



Which Foods Can Help You Sleep?

Have trouble getting shut eye? In addition to ensuring your sleep environment is set-up to maximize your rest, nutrition also plays an important role in a good night's sleep. More research is needed, but small studies show a promising correlation between eating and drinking the foods below and improved sleep quality, which is measured by the amount of time spent asleep (sleep efficiency) and the amount of time it takes to fall asleep (sleep-onset latency).

- **Nuts:** Almonds and walnuts naturally contain melatonin (see side bar). A serving size of nuts is ½ ounce (12 almonds or 7 walnut halves)
- **Kiwi fruit:** In one study, consuming 2 small kiwi fruits 1 hour before bedtime improved self-reported sleep quality (total sleep time and sleep efficiency)
- **Tart cherries:** A good source of melatonin, tryptophan, potassium and serotonin, which are all important sleep-regulating compounds. A review of the health benefits of cherries found a positive relationship between tart cherry consumption and self-reported sleep quality.
- **Warm milk:** A common home remedy for sleeplessness. Milk contains four sleep-promoting compounds: tryptophan, calcium, vitamin D, and melatonin. The childhood association that many people have between a warm cup of milk and bedtime may be more effective than tryptophan or melatonin in promoting sleep.



These foods also fit into a balanced eating pattern, by providing vitamins, minerals, phytonutrients, fiber and omega-3 fatty acids as recommended by USDA's MyPlate!

Melatonin: What You Need To Know

Melatonin plays an important role in the body's sleep-wake cycle. It is a hormone produced by the brain in response to darkness. Most commonly, melatonin is sold as a dietary supplement in the United States. Studies have found that melatonin may decrease symptoms of jet lag for both eastward and westward flights. Although potentially beneficial for jet lag, melatonin does not appear to help shift workers or individuals with chronic insomnia.

A review of melatonin supplements found that the majority of the 31 products tested did not contain the amount of melatonin listed on the label. As with all dietary supplements, the FDA does not approve supplements before they are marketed, and they are regulated less strictly than prescription or over-the-counter drugs.

Information on the long-term use of melatonin is lacking, and individuals who are using blood thinner medications should be under the supervision of a doctor if they plan to use melatonin.

What are the side effects of melatonin? A review on the safety of melatonin supplements indicated that only mild side effects were reported in various short-term studies:

- Headache
- Dizziness
- Nausea
- Sleepiness

The possible long-term side effects of melatonin use are unclear.

Melatonin: What you need to know. Retrieved from <https://nccih.nih.gov/health/melatonin>

EAT RIGHT



National Nutrition Month®
March 2020

BITE BY BITE

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Academy of Nutrition and Dietetics

Which foods can help you sleep? Retrieved from <https://www.medicalnewstoday.com/articles/324295.php>
St-Onge, M., Mikic, A., & Pietrolungo, C. E. (2016). Effects of diet on sleep. *Advances in Nutrition*, 7, 938-949. Doi: 10.3945/an.116.01233



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See calendar on other side to see what is going on this week

HeRO Spotlight: JB Andrews Taking Action - Healthy Weight Management



As part of the ongoing HeRO program, JB Andrews' Health Promotion team collaborated with Behavioral Health and held two education classes on the topic of "Taking Action - Healthy Weight Management" within the 11th Security Forces Squadron. Over 140 Defenders were given strategies to help meet their unique needs and health goals, as well as, the opportunity to participate in a Health Coach training program designed exclusively for the Security Forces Squadron.



Approximately 20 members signed up for the Health and Performance Enhancement Program to gain knowledge and to become a health coach to other Defenders. The classes were well received and the feedback very positive. They were listening, engaging, and taking in strategies to help develop healthier choices over time.

Which part of the education session did Airmen find particularly valuable?

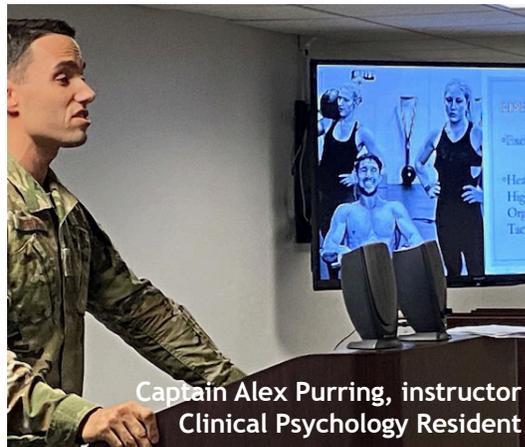
"The specific program for Security Forces. It's awesome that they actually care"

"The opportunity to learn about becoming a health coach"

"Health coaching info, motivational video, consistency"

"Creation of a plan and staying consistent with it"

"A great briefer...very knowledgeable"



Captain Alex Purring, instructor
Clinical Psychology Resident



Lt Col Jonathan Bell, 11 SFS/CC
HPET health coaching program

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

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Email:

Monday	Tuesday	Wednesday	Thursday	Friday