

The Sleep Diet

When it come to a healthy physique, sleep is just as important as diet & exercise

Late Night Snacking Is Making You Fat.

Here's Why?

Our body clock regulates sleep, wakefulness, and hunger.

We "set" our body clock by establishing regular eating patterns.

Eating at odd hours throws off our body clock, resulting in weight gain.

Total sleep and quality of sleep predicts fat loss.

Tips for Better Sleep

Finish eating 2-3 hours before bedtime to avoid discomfort.

Avoid spicy foods that cause heartburn.

Try a soothing drink like milk or chamomile tea before bed.

Avoid caffeinated treats (including chocolate) 6-8 hours before bed.

Avoid alcohol before bed.

Ingredients of Good Sleep

If you need a bedtime snack, try these:



Healthy organic foods are believed to produce better sleep.



High fat, high carb foods are believed to produce night-



GastroDoxs
defenders of the digestive system