

# Is Your Diet Sleep-Friendly?

**Instructions:** Answer these questions honestly to assess your eating habits and their potential impact on your sleep quality.

1. **How often do you consume caffeine in the afternoon or evening?**
  - a) Never
  - b) Occasionally
  - c) Daily
2. **Do you typically eat large meals or snacks close to bedtime?**
  - a) Rarely or never
  - b) Sometimes
  - c) Often
3. **How often do you include tryptophan-rich foods in your diet (e.g., turkey, chicken, nuts, seeds)?**
  - a) Rarely or never
  - b) A few times a week
  - c) Daily
4. **Do you consume magnesium-rich foods regularly (e.g., leafy greens, nuts, seeds, avocados)?**
  - a) Rarely or never
  - b) A few times a week
  - c) Daily
5. **Do you include foods that naturally boost melatonin in your diet (e.g., cherries, walnuts, tomatoes)?**
  - a) Rarely or never
  - b) A few times a week
  - c) Daily

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## 6. How often do you drink alcohol before bed?

- a) Never
- b) Occasionally
- c) Frequently

## 7. Do you often consume sugary snacks or drinks before bed?

- a) Never
- b) Occasionally
- c) Frequently

## 8. Do you prioritize staying hydrated throughout the day?

- a) Yes
- b) Sometimes
- c) No

### Results Interpretation:

- **Mostly A's:** Your diet seems very sleep-friendly! You're likely making choices that promote restful sleep. Keep up the good work!
- **Mostly B's:** Your diet has some sleep-friendly aspects, but there's room for improvement. Consider making some adjustments to optimize your sleep quality further.
- **Mostly C's:** Your diet may be negatively impacting your sleep. Try incorporating more sleep-promoting foods and reducing sleep-disrupting habits.

### Recommendations:

- **Prioritize sleep-supporting nutrients:** Include tryptophan-rich foods, magnesium-rich foods, and melatonin-boosting foods in your diet.
- **Avoid sleep disruptors:** Limit caffeine, alcohol, and sugary foods, especially in the evening.
- **Practice mindful eating:** Pay attention to your hunger cues and avoid overeating before bed.

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- **Establish a relaxing bedtime routine:** Create a calming atmosphere and avoid screens before sleep.
- **Consult a professional:** If you're struggling with sleep issues, consult a healthcare professional or registered dietitian for personalized guidance.

## Call to Action:

- **Share your quiz results and any questions you have in the comments below!**
- **Explore our other articles on holistic nutrition and healthy living.**

Remember, a good night's sleep is essential for your overall well-being. Nourish your body and mind with the right foods, and let your diet support your journey to restful sleep!