

# Eat right, sleep tight

Many studies have shown the influence that diet has on sleep quality, and vice versa, the influence that sleep quality has on the way we eat.<sup>1</sup> Proper nutrition not only contributes to weight management but also addresses inflammation and supports respiratory health, fostering better sleep quality.<sup>2</sup>

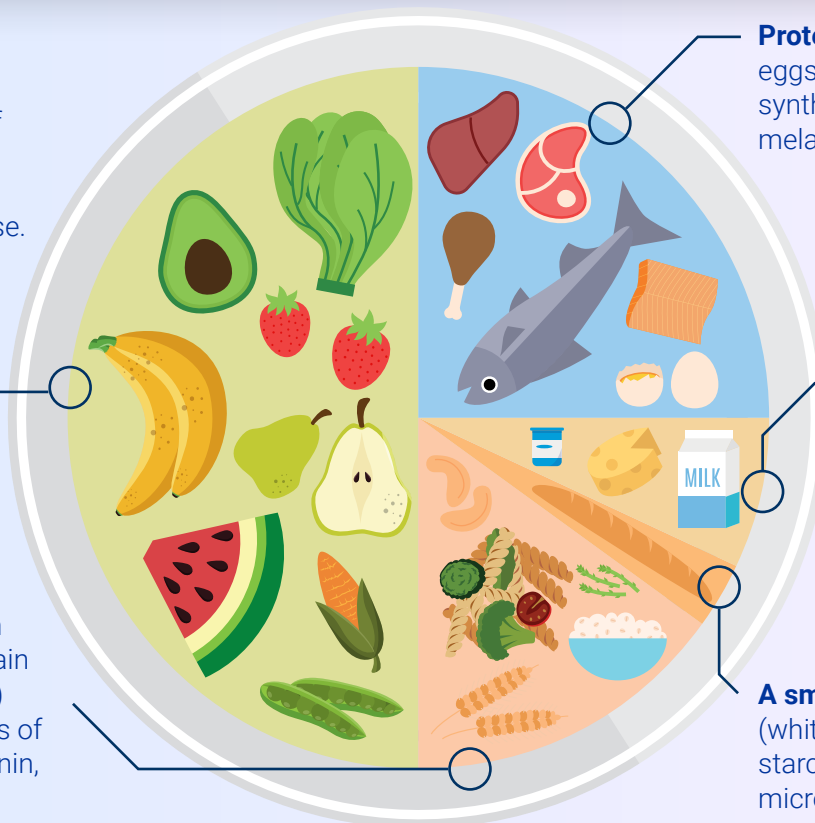
## Balance your plate

A well-balanced diet is the cornerstone of good health and can positively influence OSA. See if you can match your dinner plate to this OSA-friendly guide:

### Vegetables and fruit

contain fibre which optimise the speed of falling asleep and the duration of the deep slow-wave sleep phase.

**Carbohydrates** rich in fibre (pasta, whole grain rice, dried vegetables) promote the synthesis of serotonin and melatonin, which aid sleep.



**Protein** (lean meat, fish, eggs) promotes the synthesis of serotonin and melatonin, which aid sleep.

**Low fat dairy products** optimise the duration of the deep sleep phase.

**A small amount of sugar** (white bread, refined starches) can help reduce micro-awakenings.

While nutrition plays a vital role in effectively managing OSA, remember it is important to consult with a healthcare professional for a comprehensive approach that may include treatments such as continuous positive airway pressure (CPAP) therapy or other lifestyle modifications.

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## Snooze-inducing suppers

Did you know that animal proteins favour the production of dopamine, making them ideal to consume in the morning when you want to boost your energy levels and motivation?

However, when it comes to the evening and promoting sleep, you might want to consider swapping your animal protein for vegetable alternatives like soy, wholegrain rice and sunflower seeds. These foods stimulate the body to synthesize serotonin, a neurotransmitter that helps your body to fall asleep and keep your cycles regulated.<sup>3</sup>

As well as vegetable proteins, why not try incorporating these other serotonin-boosting foods into your diet?

-  Nuts and almonds
-  Yoghurts
-  Cheeses
-  Goat's or sheep's milk
-  Wholegrain cereals
-  Fruits

## Timing is everything!



**Avoid stimulants such as coffee, tea and energy drinks after 4pm**

Stimulants can delay falling asleep and induce nighttime awakenings



**Cut down on alcohol, particularly in the evening**

Alcohol has a sedative effect which relaxes muscle tone and can exacerbate sleep apnea symptoms<sup>4</sup>



**Try to eat dinner at least 2 hours before bedtime, and avoid large, fatty or spicy meals that are difficult to digest**

Digestion involves energy and causes the body to produce heat, which makes it harder to fall asleep

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