

**10 DIET
SECRETS**
• FOR A GREAT •
NIGHT'S SLEEP

PUREHEALTH®
RESEARCH

10 DIET SECRETS FOR A GREAT NIGHT'S SLEEP

by

PUREHEALTH®
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2021 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

Table of Contents

Introduction 4

Your Tasty Path to a Better Night’s Sleep 5

Secret #1: Drink Tart Cherry Juice Before Sleeping 6

Secret #2: Drink a Glass of Malted Milk 8

Secret #3: Drink a Cup of Chamomile Tea 9

Secret #4: Drink a Cup of Passionflower Tea 10

Secret #5: Enjoy Some Fatty Fish. 11

Secret #6: Sleep Better with Kiwi. 13

Secret #7: Have Some Almonds 15

Secret #8: Have Some Turkey 17

Secret #9 White Rice Before Bed 18

Secret #10: Drink Non-Caffeinated Beverages 19

Conclusion 21

Citations. 22

Resources. 22

Introduction



Sleep problems plague tens of millions of people in the United States alone. According to the Centers for Disease Control and Prevention, one in three adults isn't getting enough sleep. This often leads to the development of other chronic conditions including high blood pressure, heart disease, stroke, diabetes, obesity, and mental distress¹.

If you suffer from problems sleeping, you're likely looking for various things you can do that will help you fall asleep faster and easier so you can get a good night's sleep. There are many tips and tricks for sleeping better, such as controlling the temperature of the room and listening to the sounds of nature. However, those tips may not be enough for everyone.

In this report, we'll be looking at 10 diet secrets that you can start using to help make it easier for you to get to sleep and stay asleep. These are simple and delicious ways to help you finally get the sleep you need.



Your Tasty Path to a Better Night's Sleep

We've collected 10 secrets and tips that you can add to your life today to start sleeping better tonight. We've made sure that these are all relatively easy to use and that they're mostly a tasty way to say goodnight.

Of course, you don't want to go out and try all these different foods on the same night. Instead, you should pick and choose one or two and see how they work. If they don't help you get to sleep, move on to the next until you find something that does.



SECRET

Drink Tart Cherry Juice Before Sleeping

Tart cherry juice is known for having an array of health benefits. It's full of antioxidants and contains phosphorus, magnesium, and potassium, for starters. However, it's also been shown to help encourage sleepiness in those who drink it just before going to bed.

Studies have shown that tart cherry juice could help to increase absorption of melatonin supplements. It also affects other sleep cycle mechanisms improving sleep time and quality. When it was used over two weeks in the study, it provided an improvement to symptoms of insomnia when compared with a placebo².

Another study found that cherries could contribute to high-quality sleep and may work well to help prevent sleep disorders in older people³.

Grab some tart cherry juice from the grocery store and have a six to eight-ounce glass each night before bed. Try this for a couple of weeks and keep track of how you feel and whether it's helping you get to sleep.

A close-up photograph of a clear glass filled with a deep red liquid, presumably tart cherry juice. A single cherry with a green stem is floating in the center of the glass. The glass is surrounded by numerous fresh, glossy red cherries on a dark, textured surface. The lighting is soft, highlighting the vibrant red of the fruit and the clarity of the juice.

**Tart cherry juice is known
for having an array of health
benefits.**



SECRET

Drink a Glass of Malted Milk

Instead of having a glass of regular milk before going to bed, consider having some malted milk instead. You can find jars and cans of malted milk powder online or at the grocery store and mix it up at home easily.

Why malted milk? Studies have found that drinking malted milk before going to bed has

the potential to help reduce interruptions in your sleep. The study, conducted in 1972, found that in both young and older adults, drinking the milk had a positive effect. Those who drank the malted milk had a longer sleep duration and had fewer breaks in their sleep during the night⁴.





SECRET

Drink a Cup of Chamomile Tea

Many people like to drink chamomile tea because of the taste and the potential health benefits it offers. The tea has antioxidants that can help to reduce inflammation and boost the immune system. Additionally, chamomile tea can help provide better sleep quality thanks to an antioxidant called apigenin⁵.

It's used as a sleep aid by many people, and it could be a nice way to unwind before bed. A nice cup of tea while relaxing with a book or just sitting and clearing your thoughts could be just what you need. Plenty of studies back up its effectiveness in helping with sleep⁶.





SECRET

Drink a Cup of Passionflower Tea

If you aren't a fan of chamomile, don't worry. Passionflower tea is another option that you may want to try. Like chamomile, it's been used traditionally to treat a range of different health issues, including calming anxiety. It is also full of antioxidants.

Like chamomile, this tea also has apigenin and gamma-aminobutyric acid (GABA), which can help to reduce stress⁷. Together, this can help you reduce your feelings of anxiety, so sleep can come more easily to you.





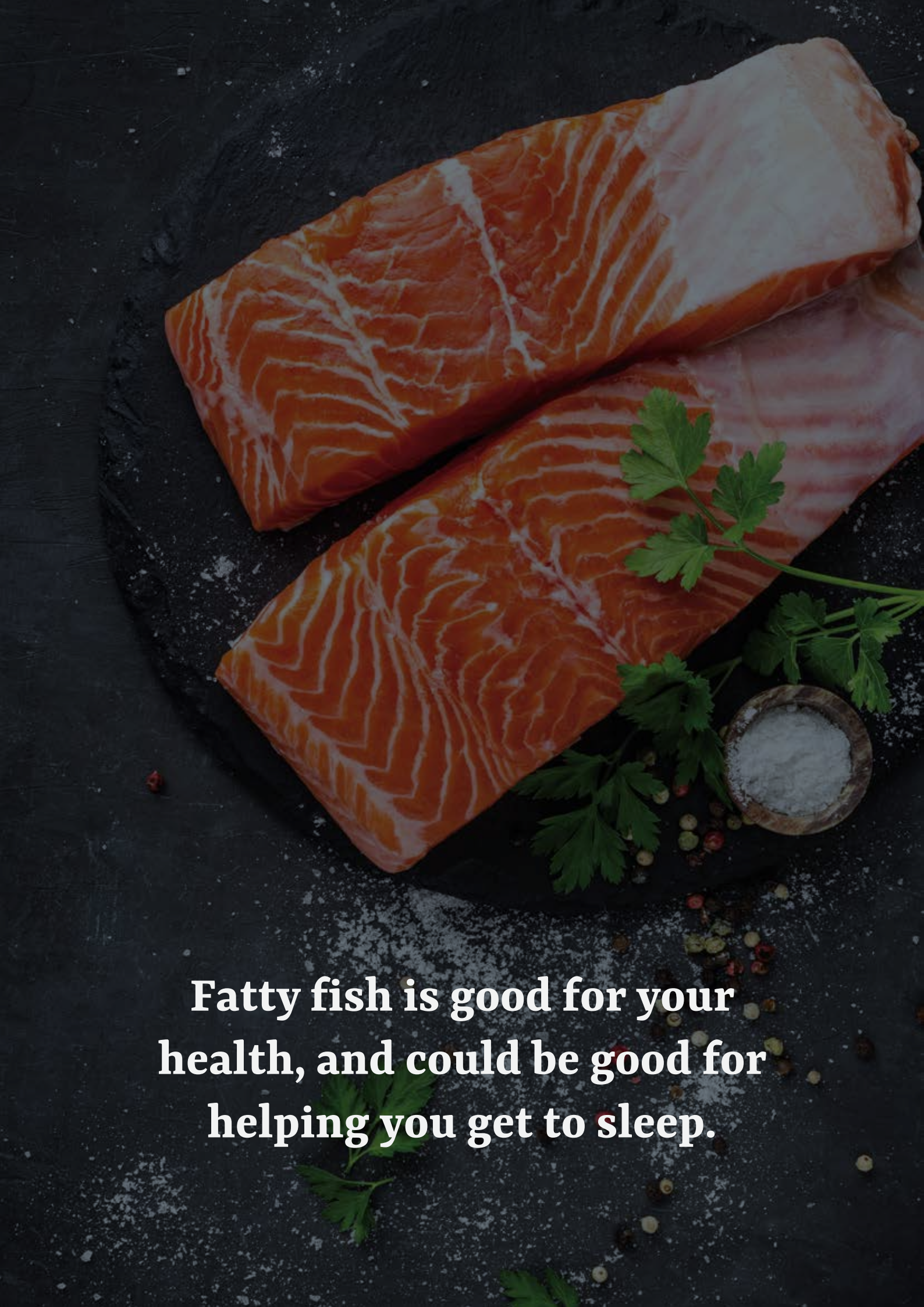
SECRET

Enjoy Some Fatty Fish

Fatty fish is good for your health, and could be good for helping you get to sleep. Fish like tuna, mackerel, and salmon have a lot of vitamin D and omega-3 fatty acids in them. Research has shown that the combination of these nutrients could help to increase the amount of serotonin in the body, which can help with relaxation and sleep⁸.

Having just an ounce or two of some type of fatty fish before you go to bed might help you fall asleep faster. It could also help you to sleep more deeply.

Open a can of tuna and eat half while storing the rest. You can add some lemon juice or a small amount of vinegar and black pepper, mix it up, and enjoy. It will also provide you with some added protein for the day.



**Fatty fish is good for your
health, and could be good for
helping you get to sleep.**



SECRET

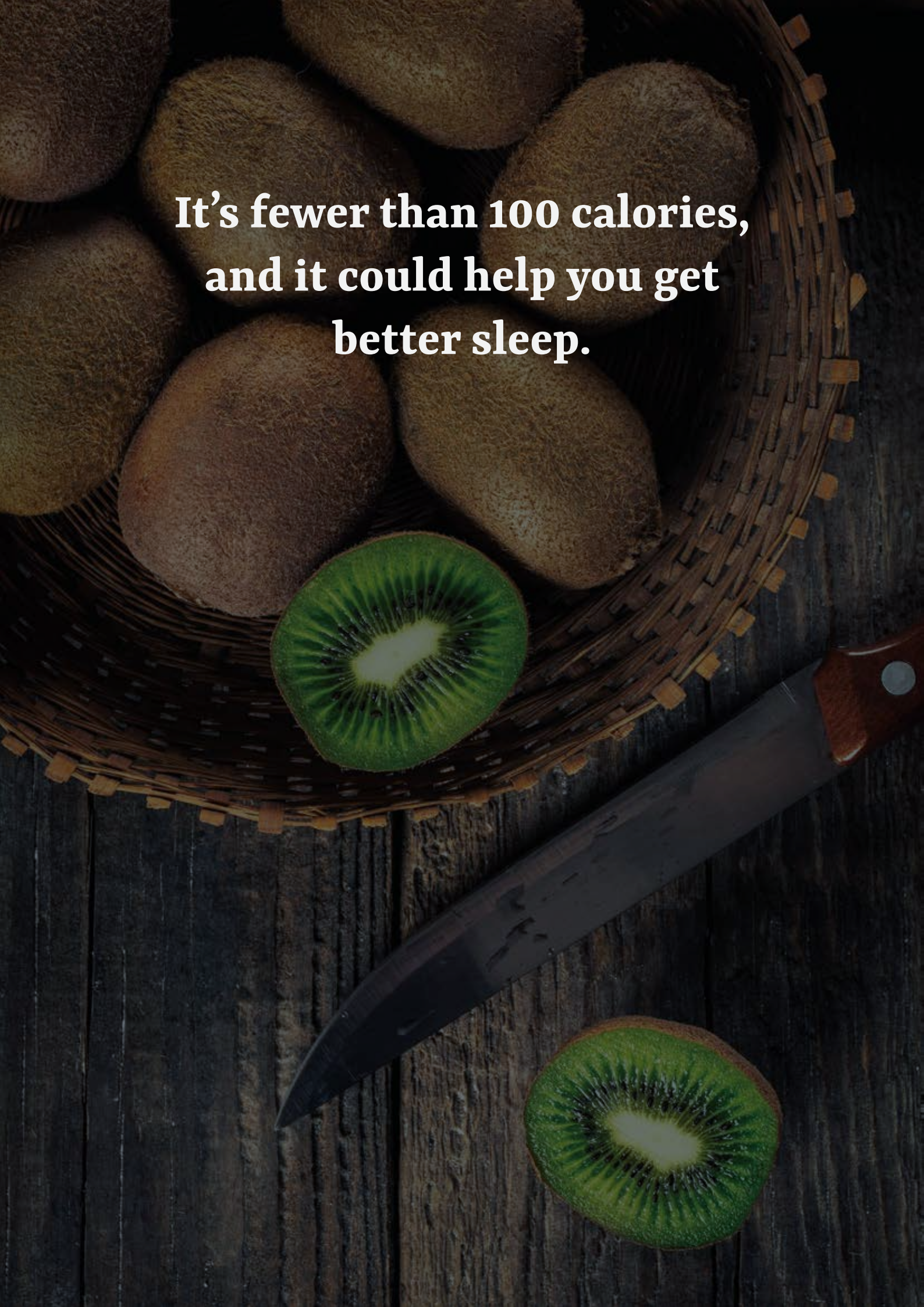
Sleep Better with Kiwi

Kiwi is a nutritious fruit that has a tart taste while only having about 40 calories. It's packed with vitamin C and has a substantial amount of vitamin K. It could help with digestive health, and it could help to reduce inflammation. There have also been studies on how kiwi could help with your sleep.

In a study that took place over four weeks, 24 adults ate two kiwis an hour before going to bed. The study found that they were falling asleep 42% faster than when they didn't eat the kiwis. They were also able to sleep more soundly through the night⁹.

You may want to try this for yourself. Kiwis are cheap and easy to find throughout much of the year, depending on where you live. Have two of these each night before bed. It's fewer than 100 calories, and it could help you get better sleep.

**It's fewer than 100 calories,
and it could help you get
better sleep.**





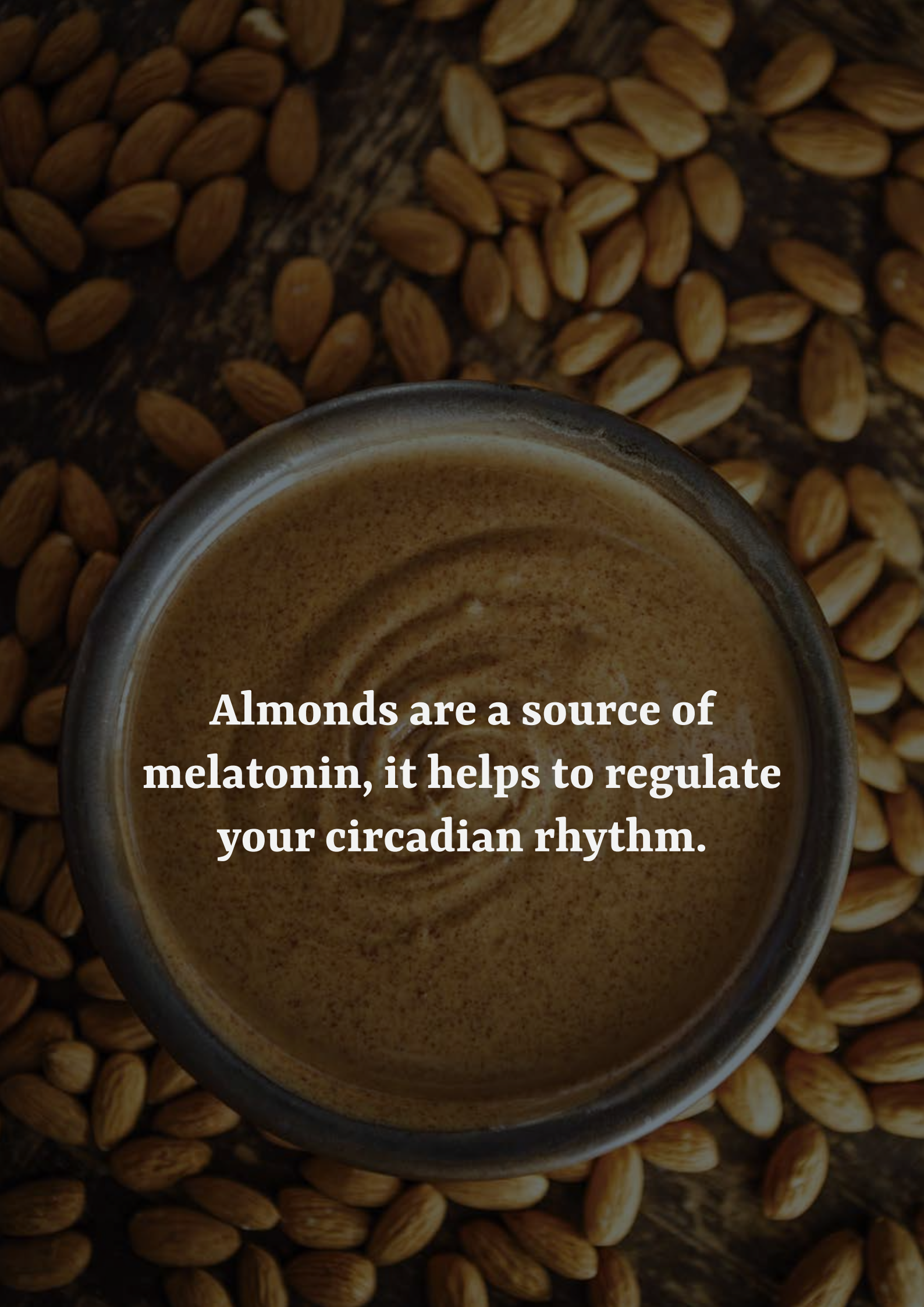
SECRET

Have Some Almonds

Nuts could also be effective at providing better sleep. This is particularly true with almonds. Not only are they a great source of nutrients, but they have a wealth of potential health benefits.

Almonds are a source of melatonin, which helps to regulate your circadian rhythm¹⁰. A well-regulated body could make it easier for you to fall asleep. Almonds also have magnesium, which could help sleep quality if you suffer from insomnia¹¹.

About 2 hours before going to bed, have a small handful of these nuts, and maybe wash them down with some tea or cherry juice.

A top-down view of a dark-colored bowl filled with a thick, light brown almond milk smoothie. The bowl is surrounded by a dense layer of whole almonds on a dark, textured surface. The text is centered over the smoothie.

**Almonds are a source of
melatonin, it helps to regulate
your circadian rhythm.**



SECRET

Have Some Turkey

Turkey tastes great, it's high in protein, and it has some properties that are thought to help with sleep. Turkey has tryptophan, which in turn helps to increase the production of melatonin. Research shows that having a moderate amount of lean turkey before going to bed could help with your sleep quality¹².

However, the way you consume turkey is important. Ideally, you will have some lean, fresh turkey rather than processed turkey. Don't eat a full sandwich before you go to bed either. Instead, just have an ounce or two of turkey breast with some water, malted milk, or cherry juice a few hours before bed.





SECRET

White Rice Before Bed

White rice is high in carbohydrates, and it has a high glycemic index. Eating some plain white rice few hours before going to sleep could help to improve sleep quality.

There was a large study conducted in 2014 that looked at the sleep habits of people who were eating different types of food with a high glycemic index¹³. The subjects who were eating white rice had better sleep than those who ate bread or noodles.

You might want to have a small amount of rice along with some turkey to help improve your sleep. Feel free to combine some of the foods on this list if you feel they'll go well together.





SECRET

Drink Non-Caffeinated Beverages

While all of the secrets on the list thus far have had to do with foods and drinks that can help you get to sleep, it's also important that you understand what you should avoid. One of the biggest reasons people have trouble sleeping is that they are drinking too much caffeine too late in the day.

You probably enjoy caffeine in the morning to help you feel more awake. It's used to help manipulate our mental state throughout the day. However, it's also a problem when it comes to sleep. It can cause daytime sleepiness, which often results in needing to have more caffeine to get through the day.

When this happens, you are likely drinking some type of caffeine late in the day. It might be a cup of coffee or a soda, or even an energy drink. This added caffeine will continue to interrupt your sleep at night¹⁴. It's best if you limit your caffeine intake and don't have any after around 3 PM. After 5 hours you still have half the caffeine from your drink in your system. If you can stop earlier, it's better, and you might even want to consider cutting caffeine out of your diet entirely.

Instead, choose non-caffeinated beverages, such as water or one of the other drinks mentioned on this list.



**Consider cutting caffeine
out of your diet entirely.**

Conclusion



If you're having trouble getting to sleep, you now have a list of 10 things you can try that could help to ensure you are getting to bed and falling asleep rather than counting sheep. Look through the list to see which of these foods and options sounds most appealing to you and then try them out. Everyone's different, so you'll need to experiment and find what works for you.

Of course, you also want to keep in mind some of the other good tips regarding sleep. Namely, sleep in a comfortable location that's cool enough to help induce sleep. Turn off your electronics a 3 of hours before bed and set up a nightly routine.

WHY CHOOSE PUREHEALTH RESEARCH?

These modern times bombard you with stress and surround you with toxins. And that takes a toll on your body over time. These show up as aging skin, aches and pains, out-of-control inflammation, and disease. Your body needs hundreds of micronutrients to conduct thousands of metabolic reactions every single day. Diet, toxic load, medications, and poor absorption are just a few reasons why your body may not be receiving these building blocks of genuine healing.

PureHealth Research's potent therapeutic formulations nourish these vital pathways from every angle – without side effects. We carefully source only superior quality natural ingredients and create only small batches each tested for potency and safety. And we stand behind each bottle with a 365-Day Love It or Get Your Money Back Guarantee. PureHealth Research's formulas help Repair, Restore, and Regenerate Balance. Balance is the key to boosting your mood, energy, health, and overall well-being.



FUNGUS ELIMINATOR
Toenail care

[LEARN MORE](#)



BLOOD SUGAR FORMULA
Blood sugar control

[LEARN MORE](#)



METABOLIC GREENS
Energy, metabolism, detox

[LEARN MORE](#)



EXUBERANT
Energy, stamina, performance

[LEARN MORE](#)



JOINT SUPPORT
Joint & cartilage support

[LEARN MORE](#)



CIRCULA BP
Blood pressure balance

[LEARN MORE](#)



TOENAIL TREATMENT

Essential oils for nail fungus

[LEARN MORE](#)



HEARING SUPPORT FORMULA

Healthy hearing

[LEARN MORE](#)



IMMUNO

Immunity boosting formula

[LEARN MORE](#)



COMPLETE VISION FORMULA

Support and maintain healthy eyes

[LEARN MORE](#)



KETO

Ketosis weight loss formula

[LEARN MORE](#)



LIVER HEALTH FORMULA

Enhance liver function

[LEARN MORE](#)



AGELESS BRAIN

Brain function, memory

[LEARN MORE](#)



OMEGA 3 FISH OIL

Concentrated calamari Omega-3

[LEARN MORE](#)



SLEEP FORMULA

Natural sleep aid

[LEARN MORE](#)



BONE HEALTH FORMULA

Maintain healthy, strong bones

[LEARN MORE](#)

VISIT PUREHEALTH® SHOP
RESEARCH

Citations

1. Centers for Disease Control and Prevention, "1 in 3 Adults Don't Get Enough Sleep", 2016, website
2. Halson, Shona L. "Sleep in Elite Athletes and Nutritional Interventions to Enhance Sleep." *Sports Medicine* (Auckland, N.Z.) vol. 44 Suppl 1, Suppl 1 (2014)
3. Zeng, Yawen et al. "Strategies of Functional Foods Promote Sleep in Human Being." *Current signal transduction therapy* vol. 9,3 (2014)
4. Brezinová V, Oswald I. "Sleep after a bedtime beverage" *Br Med J*. 1972 May 20
5. Salehi, Bahare et al. "The Therapeutic Potential of Apigenin." *International journal of molecular sciences* vol. 20,6 1305. 15 Mar. 2019, doi:10.3390/ijms20061305
6. Srivastava, Janmejai K et al. "Chamomile: A herbal medicine of the past with bright future." *Molecular medicine reports* vol. 3,6 (2010): 895-901. doi:10.3892/mmr.2010.377
7. Elsas, S-M et al. "Passiflora Incarnata L. (Passionflower) Extracts Elicit GABA Currents in Hippocampal Neurons in Vitro, and Show Anxiogenic and Anticonvulsant Effects in Vivo, Varying with Extraction Method." *Phytomedicine: International Journal of Phytotherapy and Phytopharmacology* vol. 17,12 (2010)
8. Patrick, R.P. and Ames, B.N., "Vitamin D and the Omega-3 Fatty Acids Control Serotonin Synthesis and Action, Part 2: Relevance for ADHD, Bipolar Disorder, Schizophrenia, and Impulsive Behavior". *The FASEB Journal*, 29, 2015
9. Hsiao-Han Lin MS, Pei-Shan Tsai Ph.D., Su-Chen Fang MS, Jen-Fang Liu PhD, "Effect of Kiwifruit Consumption on Sleep Quality in Adults with Sleep Problems", *Asia Pacific Journal of Clinical Nutrition*, 2011
10. Meng, Xiao et al. "Dietary Sources and Bioactivities of Melatonin." *Nutrients* vol. 9,4 367. 7 Apr. 2017
11. Abbasi, Behnood et al. "The Effect of Magnesium Supplementation on Primary Insomnia in Elderly: A Double-Blind Placebo-Controlled Clinical Trial." *Journal of Research in Medical Sciences: The Official Journal of Isfahan University of Medical Sciences* vol. 17,12 (2012)
12. St-Onge, Marie-Pierre et al. "Effects of Diet on Sleep Quality." *Advances in Nutrition* (Bethesda, Md.) vol. 7,5 938-49. 15 Sep. 2016
13. oneyama, Satoko et al. "Associations Between Rice, Noodle, and Bread Intake and Sleep Quality in JAPANESE MEN and Women." *PloS One* vol. 9,8 e105198. 15 Aug. 2014
14. Snel J, Lorist MM "Effects of Caffeine on Sleep and Cognition" *Prog Brain Res*. 2011

Resources

- <https://www.cdc.gov/media/releases/2016/p0215-enough-sleep.html>
- <https://www.sleepfoundation.org/articles/food-and-drink-promote-good-nights-sleep>
- <https://www.healthline.com/nutrition/9-foods-to-help-you-sleep>

10 DIET SECRETS FOR A GREAT NIGHT'S SLEEP

by

PUREHEALTH®
RESEARCH