

EAT WELL TO... SLEEP WELL

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[HTTPS://WWW.RUSH.EDU/NEWS/EATING-SLEEPING-AND-OBESITY](https://www.rush.edu/news/eating-sleeping-and-obesity)

FIND AN EATING ROUTINE

- Fit in regular meals and snacks before 8 PM
- Sync your eating and sleeping to keep appetite hormones in check



FOLLOW A SLEEP SCHEDULE



- Reset your body clock: wake and sleep at the same time each day
- Engage in relaxing, non-screen activities before bedtime

CONTROL EATING ENVIRONMENT

- Eat mindfully without distractions
- Keep healthy snacks around and limit treats in the house



LIMIT DISRUPTIVE FOODS

- Limit caffeine and alcohol before bed
- Choose healthy unsaturated fats over saturated fats

