



Health Flash

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foods containing melatonin to help you sleep

Melatonin, the sleep hormone, is one of the best natural sleep aids out there. It can be obtained through foods that contain a lot such as cherries or bananas.

When people have trouble sleeping, they are always tempted to take a sleeping pill to prevent insomnia. But while drugs may be effective in the moment, they alter long-term sleep patterns and can seriously harm the body.

That is why it is better to choose a gentle, natural sleep aid. Melatonin, for one, is great at helping you go to sleep. Nicknamed the sleep hormone, it is mainly secreted at night, giving it the ability to induce sleep.

The good news is that this hormone is found in various foods that you can easily eat in the evening before bedtime. Some of these foods contain melatonin and other elements like tryptophan, magnesium or calcium, which promote the secretion of this hormone.

CHERRIES

Cherries are one of the main natural sources of melatonin. They have sedative properties, as shown in a U.S. study published in 2012, which found that drinking cherry juice twice a day, morning and night, increased sleep time by an average of one hour. So you know what you have to do if you want to sleep tonight!

BANANAS

Bananas are a great sleep stimulator. According to a study published in the Journal of Pineal Research, bananas are filled with potassium and magnesium, a great combination when it comes to increasing the secretion of melatonin in the body.

Best of all, one banana at dinnertime or before bedtime is all it takes to do the trick!

OAT FLAKES

Yes, we know that oatmeal is usually eaten in the morning as a hearty breakfast, but the truth is that eating it in the evening, for supper or as a dessert, can help you sleep.

Oat flakes are rich in magnesium and in tryptophan, an element that promotes the production of melatonin, which can also be found in almonds and lentils.

GINGER

Besides its aphrodisiac properties, ginger is filled with melatonin. It can be consumed in tea, herbal tea, yogurt, or even essential oils or powder, making it easy to add to meals or desserts.

TOMATOES

Tomatoes are a great natural source of melatonin. In addition to their antioxidant properties, they help the body unwind and relax into sleep.

They can be eaten fresh or in juice form, but should ideally be organic so as not to lose their health benefits.

BARLEY

Just like bulgur and other whole grains, barley facilitates sleep, as shown in a study published by the Journal of Clinical Sleep Medicine. Indeed, barley is an excellent natural source of magnesium and promotes a restful night of deep sleep.

PINEAPPLES

Pineapples are filled with tryptophan, which promotes melatonin secretion, as well as serotonin, another sleep hormone. They can be eaten fresh or in juice form before bedtime.

source: Terrafemina

