

THE 13 BEST (AND 9 WORST) FOODS FOR YOUR SLEEP

And 8 Other Natural Steps to Help
You Fall Asleep & Stay Asleep!



BRIAN VASZILY |

Founder of The Art of Anti-Aging, Host of *Let's Get Personal: The Ultimate Healthy Aging and Longevity Summit*

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HOW DO YOU REALLY FEEL ABOUT THE FOLLOWING?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, where over 1,000,000 people in their “middle years” and “golden years” have signed up for our healthy aging insider insights. I’m also your host for the Let’s Get Personal: The Ultimate Healthy Aging and Longevity Summit, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for nearly 25 years.

And before diving into this special report, please see how you feel about the following:

Here at The Art of Anti-Aging, the “anti” means we’re against all the destructive lies about getting older out there that equate hitting your 30s, 40s, 50s, 60s and beyond, with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you with the proven most effective health and wellness steps** to achieve that...to look and feel your best, avoid and overcome disease, live a long life, and thrive while doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community 😊



BRIAN VASZILY, FOUNDER



Let's Get **PERSONAL**

The Ultimate Healthy Aging and Longevity Summit

22 Top Experts Reveal the Simple and Most Effective Secrets to Look & Feel Younger Now,
Avoid Disease, and Live Long

In **LET'S GET PERSONAL: The Ultimate Healthy Aging and Longevity Summit**, you are about to discover the proven most effective natural secrets of all to look and feel your best, avoid and overcome disease, and live long and well. In fact, as you'll discover, the steps are so powerful that today's top experts personally make certain to take these steps themselves!

**Each of the 22 interviews truly holds the potential to
change your life, so you don't want to miss a moment of
this once-in-a-lifetime online event!**

In this brand-new special report, meanwhile, you're about to discover 13 of nature's most potent foods to support deeper, longer, and healthier sleep (plus 9 of the surprising worst ones to avoid)!

Please DO share this free report with loved ones!



"What steps should you take that will make THE most powerful difference in how long and well you live?"

Steps proven so effective that today's top longevity and lifestyle physicians and researchers personally take those steps themselves?

Those are the mission-critical questions you are about to get answers to in LET'S GET PERSONAL: The Ultimate Healthy Aging and Longevity Summit. My good friend and natural health veteran, Brian Vaszily, is an outstanding host, what you'll learn is as essential as it gets, so be sure to listen to this important online event!"

Dr. Joel Fuhrman

World-Renowned M.D., 7-Time NY Times Bestselling Author

CLARITY ON WHAT WILL MAKE THE BIGGEST IMPACT ON YOUR HEALTH AND LIFE

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents two very big problems that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *LET'S GET PERSONAL* summit truly may be THE most life-changing and possibly even life-saving event you ever experience.

You see, in *LET'S GET PERSONAL*, I'm getting straight to the heart of the matter for you. That's because I'm gathering 22 of today's most renowned healthy aging and longevity doctors and researchers, each from different areas of expertise. And I'm challenging them each to reveal their answers to this one MISSION-CRITICAL question for you:

"From your unique area of expertise, what are the 3 to 5 little-known steps that are so powerful to look and feel your best, avoid and possibly even overcome disease, that you make certain to do them yourself?"

Yes, that means you're getting TOTAL CLARITY on only the most important and effective secrets that will make the most difference in your health and life.

True, you don't yet know from which of the 22 top doctors and researchers the insights will come that lead to the biggest breakthroughs for you in particular.

However, considering these world-renowned experts are each revealing only their proven most powerful secrets of all, you can be certain those life-changing insights WILL come.

That is why you truly do not want to miss a moment of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online *LET'S GET PERSONAL: The Ultimate Healthy Aging and Longevity Summit* if you aren't signed up already and...](#)

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.



With that noted, the summit actually starts NOW, with this useful new report...

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INTRODUCTION

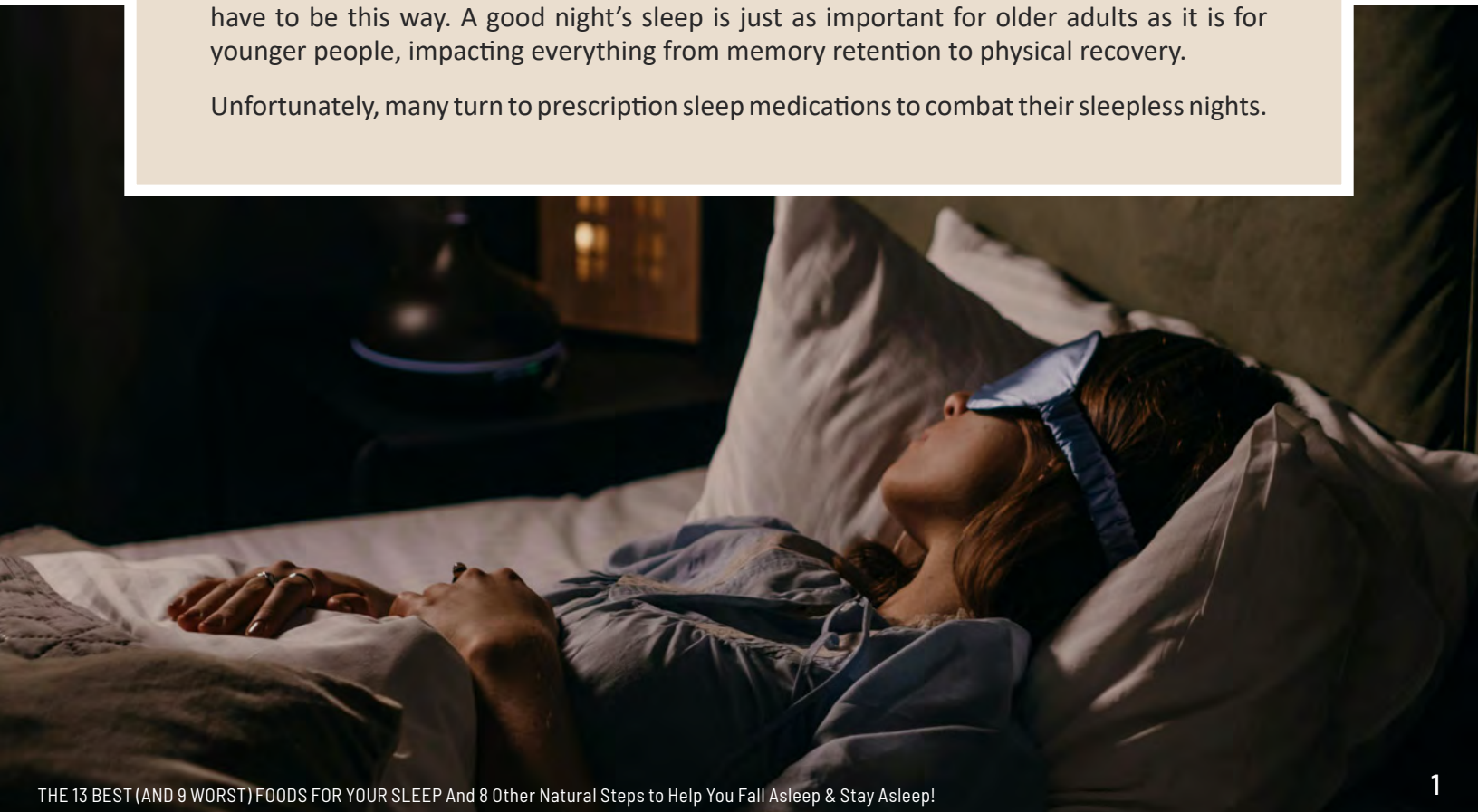
To put it simply, good sleep is the cornerstone of good health. It keeps your mind sharp, your mood balanced, and your body functioning optimally. Without it, both your mental and physical well-being can take a hit. Sleep allows your brain to process and store memories, clears out toxins that accumulate during the day, and even strengthens your immune system.

Studies have shown that a consistent lack of sleep can impair cognitive function, making it harder to concentrate, solve problems, and stay focused throughout the day.^{1,2} Beyond mental clarity, good sleep also plays a crucial role in regulating your mood, helping to ward off irritability, anxiety, and even depression.³ Physically, it helps your body repair tissues, build muscle, and maintain a healthy balance of hormones.⁴ Simply put, when you're well-rested, your entire system works better.

Yet, for millions of people, a full night of restorative sleep remains frustratingly hard to achieve! You might find yourself tossing and turning, staring at the ceiling at 2 AM, or waking up feeling even more tired than when you went to bed. If any of this sounds familiar, you're not alone—and the solution might be simpler than you think.

In fact, chronic sleep problems are incredibly common, especially as we age. Studies suggest that older adults often struggle with insomnia and fragmented sleep due to natural changes in their sleep-wake cycles, medical conditions, and the side effects of medications.⁵ Sleep quality declines with age, and while many believe it's just a part of growing older, it doesn't have to be this way. A good night's sleep is just as important for older adults as it is for younger people, impacting everything from memory retention to physical recovery.

Unfortunately, many turn to prescription sleep medications to combat their sleepless nights.



While these drugs may provide temporary relief, they come with serious risks and downsides.

Prescription sleep aids often sedate rather than induce natural sleep, meaning they don't allow your body to go through the essential stages of sleep that promote healing and restoration. Side effects can range from dizziness, drowsiness the next day, and headaches to more serious health concerns, like an increased risk of falls—particularly dangerous for older adults.

There's also the risk of dependency, where your body becomes reliant on these medications, making it even harder to sleep without them. Over time, tolerance can build, requiring higher doses to achieve the same effect, which only amplifies the risks. In some cases, long-term use of sleep medications has been linked to cognitive decline, memory problems, and an increased risk of developing chronic conditions like heart disease and diabetes.

Instead of relying on medication, a more holistic approach to sleep can offer longer-lasting, healthier results. Natural sleep solutions, like dietary changes, creating a sleep-friendly environment, and stress management techniques, address the root causes of sleep disturbances without the harmful side effects.

Whether you're dealing with occasional restlessness or chronic insomnia, making small, sustainable changes can have a profound impact on how well you sleep—and how well you feel when you wake up.

In fact, what if the secret to better sleep wasn't hiding in a pill bottle or the latest sleep gadget, but in your kitchen?

Research shows that what you eat can have a profound impact on how well you sleep and certain foods contain nutrients that promote relaxation, reduce stress, and help regulate your sleep-wake cycle. On the flip side, some foods can keep you up, trigger restless nights, and rob you of that deep, refreshing sleep you need.

This guide explores 13 of the best foods that can help you fall asleep faster, stay asleep longer, and wake up feeling truly refreshed. But we won't just review the foods you should eat—we'll also cover the 9 worst foods that might be sabotaging your sleep without you even realizing it!

Beyond diet, we'll share eight other natural, side effect-free steps you can take to improve your sleep. These are simple, yet incredibly effective strategies that can make a big difference. No gimmicks and no overwhelming changes, just small adjustments that can lead to the best sleep you've had in years. It's all about making small, meaningful changes that fit into your life and help you reclaim the restful sleep your body craves.

So, let's get started on the path to better nights and brighter mornings.



PART 1: THE 13 BEST FOODS FOR BETTER SLEEP

Sleep is more than just a break from your day; it's the time when your brain and body repair, regenerate, and recharge. While there are countless factors that can affect how well you sleep, what you eat is one of the most impactful—and often overlooked—elements. The right foods can support your body's natural sleep rhythms, helping you fall asleep faster, stay asleep longer, and wake up feeling more refreshed. Let's explore 13 foods that are scientifically proven to support better sleep.

1. TART CHERRY JUICE

Tart cherry juice is often touted as a great natural sleep aid, and there are a few reasons why it might help you catch some z's. For starters, it contains melatonin, the hormone that regulates your sleep-wake cycle. Studies have shown that drinking tart cherry juice can extend sleep time and improve overall sleep quality. It's also rich in antioxidants, which help reduce inflammation and support overall health.⁶ Try drinking a small glass a couple of hours before bed, or blend it into a smoothie for a delicious, sleep-enhancing treat.



2. ALMONDS

Almonds are more than just a tasty snack—they're packed with sleep-boosting nutrients like magnesium and melatonin.⁷ Now, magnesium has gotten a lot of press in recent years, and for good reason! It helps relax muscles and reduce levels of the stress hormone, cortisol, which can keep you awake. A small handful of almonds in the evening can help set the stage for a restful night by calming your mind and body.⁸



3. WALNUTS

Walnuts contain a unique mix of sleep-promoting compounds, including melatonin, magnesium, and omega-3 fatty acids.⁹ Omega-3s in walnuts are converted in the body to DHA, which boosts serotonin—a key neurotransmitter that helps regulate sleep.^{10,11} Sprinkle some walnuts on your evening salad or enjoy them as a snack to harness their sleep-enhancing benefits.



4. OATS

Oats are an often-overlooked sleep aid. Not only are they rich in melatonin, they also contain tryptophan, an amino acid that acts as a precursor to serotonin.^{12,13} Eating oats in the evening can help you relax and prepare your mind for sleep. Whether you enjoy a warm bowl of organic oatmeal or add oats to a smoothie, this whole grain is a fantastic choice to support better rest.



5. KIWI FRUIT

Kiwis are a small fruit with big benefits when it comes to sleep. High in antioxidants, potassium, and folate, kiwis have been shown in studies to improve sleep onset and duration.¹⁴ Eating two kiwis an hour before bed has been linked to falling asleep faster and enjoying deeper, more satisfying sleep.¹⁵ Plus, they're delicious and easy to add to your evening routine.



6. LEAFY GREENS



Leafy greens like kale, spinach, and mustard greens are packed with calcium, a mineral that plays a role in the production of sleep hormones. Calcium helps the brain use tryptophan to produce melatonin, promoting deeper, more restful sleep.¹⁶ Add a side salad of leafy greens to your dinner or blend them into a smoothie to boost your sleep quality naturally.

7. HERBAL TEAS (CHAMOMILE & PASSIONFLOWER)

Certain herbal teas, particularly chamomile and passionflower, are well-known for their calming effects. Chamomile contains apigenin, an antioxidant that binds to certain receptors in your brain that promote sleepiness and reduce insomnia.¹⁷ Passionflower increases levels of gamma-aminobutyric acid (GABA), a brain chemical that helps reduce anxiety and induce relaxation. Enjoying a cup of one of these teas an hour before bed can help you unwind and ease into sleep.



8. BANANAS



Bananas are a simple, nutritious sleep snack that combines potassium, magnesium, and tryptophan—all nutrients that support muscle relaxation and calm your nervous system.^{18,19,20} A banana before bed can help ease you into sleep, especially when paired with a small amount of protein, like almond butter, which further enhances its effects.

9. HEALTHY CARBOHYDRATES (WHOLE GRAINS)

Carbohydrates, especially complex ones like whole grains, can help promote sleep by boosting tryptophan levels in the bloodstream. Foods like whole grain bread, quinoa, and brown rice provide a steady release of energy, helping to regulate blood sugar levels and support sustained sleep. A small serving of healthy carbs with your evening meal can help your body relax and prepare for sleep.²¹



10. PUMPKIN SEEDS

Pumpkin seeds are a fantastic source of magnesium and zinc, both of which are linked to improved sleep quality. Magnesium helps regulate neurotransmitters that calm the nervous system, while zinc supports the body's ability to convert tryptophan into serotonin and melatonin.²² Snack on a handful of pumpkin seeds in the evening, blend them into your homemade salad dressings or add them to baked goods for an added crunch.



11. MISO SOUP

Miso soup, a traditional Japanese soup made from fermented soybeans, is rich in probiotics and amino acids that can help relax the body and promote better sleep.²³ The fermentation process in miso helps support gut health, which has a direct impact on sleep quality.²⁴ A warm bowl of miso soup can be a comforting, sleep-promoting addition to your nighttime routine.



12. AVOCADO



Avocado is not only delicious but also packed with healthy fats, magnesium, and potassium, all of which help promote relaxation and better sleep. The magnesium in avocado helps calm your nervous system, while potassium aids in muscle relaxation.²⁵ Add avocado to your dinner salad or enjoy it as a bedtime snack on whole-grain toast to reap its sleep-enhancing benefits.

13. SWEET POTATOES

Sweet potatoes can be another great addition to your diet if you're looking to support healthy sleep. That's because they are rich in complex carbohydrates, which help increase the availability of tryptophan, an amino acid that plays a key role in producing serotonin and melatonin—both of which are crucial for regulating sleep.

Additionally, sweet potatoes are packed with vitamins and minerals, particularly potassium and magnesium, both of which help relax muscles and calm the nervous system. Their natural sweetness can also satisfy cravings, making them a healthier alternative to sugary snacks that might disrupt your sleep.

Lastly, but certainly not least, their fiber content helps stabilize blood sugar levels, preventing those late-night energy spikes that can keep you awake.²⁶

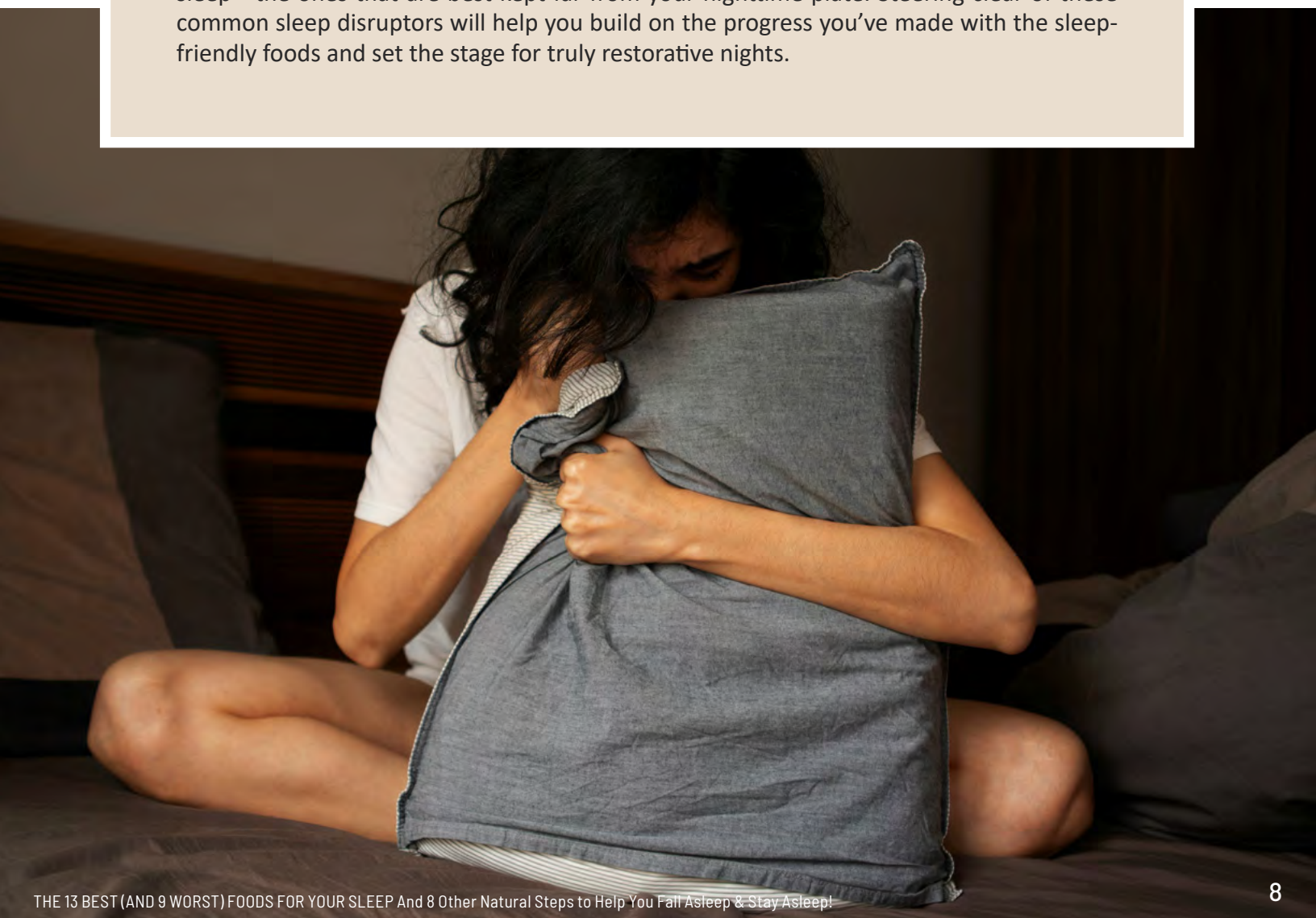


These 13 foods are not just delicious—they're also potent allies in your quest for better sleep. Incorporating them into your diet can help improve your sleep quality naturally, without the need for medications or complex interventions. Experiment with different combinations, find what works best for you, and start enjoying the restorative sleep your body needs.

BRIDGING THE GAP: FROM BEST TO WORST

Now that we've explored the best foods to help you drift off to sleep and stay asleep, it's just as important to recognize the dietary pitfalls that can undo all your efforts. While some foods are natural sleep allies, others can disrupt your rest, leaving you tossing and turning long after you've turned out the lights. The wrong foods can trigger indigestion, spike your blood sugar, or overstimulate your mind—all of which can sabotage the quality of your sleep.

Just as adding the right foods to your evening routine can enhance your sleep, avoiding the wrong ones can make a world of difference. Now, let's look at the nine worst foods for your sleep—the ones that are best kept far from your nighttime plate. Steering clear of these common sleep disruptors will help you build on the progress you've made with the sleep-friendly foods and set the stage for truly restorative nights.



PART 2: THE 9 WORST FOODS FOR YOUR SLEEP

While certain foods can help you drift off into restful slumber, others can do just the opposite—keeping you tossing, turning, and staring at the ceiling. It's not just about the timing of your meals; the types of foods you eat can have a profound impact on your sleep quality. Some foods are notorious for disrupting sleep, triggering indigestion, spiking blood sugar levels, or even overstimulating your brain. Knowing which foods to avoid before bedtime is just as important as knowing which ones to embrace. Here are the nine worst offenders when it comes to sabotaging your sleep.



1. CAFFEINE

Caffeine is perhaps the most obvious sleep disruptor, yet it sneaks into more foods and drinks than you might think. It's not just coffee; caffeine is also found in tea, soda, chocolate, and even some pain relievers. Caffeine blocks adenosine, a neurotransmitter that promotes sleep, keeping you wired when you should be winding down.²⁷ Since caffeine can stay in your system for up to 6 hours, it's best to cut off consumption by early afternoon to avoid sleep troubles. Be mindful of hidden sources, especially those that might slip into your evening routine.

2. ALCOHOL

This one may come as a surprise to some. Alcohol is often thought of as a nightcap that helps you relax and fall asleep faster, but it's a double-edged sword. While it might help you drift off initially, alcohol disrupts your sleep cycles, particularly the REM (rapid eye movement) stage, which is crucial for restorative sleep. It can also cause you to wake up more frequently throughout the night and increase the likelihood of snoring and sleep apnea. If quality sleep is your goal, limit alcohol intake, especially in the hours leading up to bedtime.²⁸



3. SPICY FOODS

Spicy foods might add flavor to your dinner, but they can wreak havoc on your sleep. That's because spicy foods can cause indigestion, acid reflux, and heartburn, which can keep you awake and uncomfortable. Spicy foods can also raise your body temperature, which goes against your body's natural inclination to cool down as it prepares for sleep. If you love spicy dishes, enjoy them earlier in the day and opt for milder flavors at dinner.



4. FOODS HIGH IN SATURATED FATS

Foods high in saturated fat and trans fat can be heavy on your digestive system, making it hard for your body to wind down at night. They slow down digestion, leading to bloating and discomfort that can interfere with falling and staying asleep. Instead of reaching for a late-night pizza slice, choose lighter options that won't weigh you down as you head to bed.²⁹

5. CHOCOLATE

Chocolate, especially dark chocolate, can be a hidden culprit that keeps you awake. Not only does it contain caffeine, but it also has theobromine, a stimulant that can increase heart rate and prevent you from feeling relaxed.³⁰ Even small amounts of chocolate in the evening can interfere with your sleep, particularly if you're sensitive to caffeine. If you crave something sweet, opt for fruit such as kiwis and bananas. And while the cocoa in dark chocolate can have some fantastic health benefits, it's best to enjoy chocolate earlier in the day if quality sleep is your priority.





6. SUGARY SNACKS

Sugar is known for causing blood sugar spikes and crashes, which can lead to restless sleep. High sugar intake can also increase inflammation and disrupt the balance of hormones that regulate your sleep-wake cycle.^{31,32} Sugary snacks like cookies, candies, and pastries might give you a quick burst of energy, but they'll likely leave you feeling jittery or restless when you should be winding down. Swap sugary treats for naturally sweet options like fruit, which won't disrupt your sleep in the same way.

7. FRIED FOODS

Fried foods like fries and fried chicken are a heavy, hard-to-digest choice that can cause discomfort and disturb your sleep.³³ They are high in unhealthy fats, which can trigger acid reflux and keep you up with heartburn.³⁴ If you're prone to late-night cravings, avoid fried foods and choose something lighter that won't keep your digestive system working overtime.³⁵ Baked or grilled options are much kinder to your stomach and your sleep.



8. PROCESSED MEATS

Processed meats like sausages, hot dogs, and deli meats often contain high levels of sodium and preservatives, which can lead to dehydration and increased blood pressure, both of which may disrupt sleep. These meats are also typically high in saturated fats, which can cause digestive issues and discomfort during the night.^{36,37}

Most processed meats also contain certain additives and nitrates that have been linked to inflammation, potentially affecting overall health and sleep quality.³⁸ The heavy nature of these foods can

also lead to a feeling of fullness that might make it harder to fall asleep comfortably. Plus, diets high in processed meats have been associated with a greater risk of sleep disorders.³⁹

9. CITRUS FRUITS

Citrus fruits, while healthy, can be too acidic to enjoy close to bedtime. Oranges, grapefruits, and lemons can trigger acid reflux, making you feel uncomfortable as you lie down. The high vitamin C content might also be too stimulating for some people, especially if consumed in large amounts. If you love citrus, enjoy it earlier in the day and save lower-acid fruits like bananas or berries for the evening.

Avoiding these sleep-disrupting foods can make a significant difference in your nightly rest. Remember, it's not just what you eat but also when you eat it that can affect your sleep. By steering clear of these worst offenders in the evening, you'll be setting yourself up for a more peaceful, restorative night's sleep—allowing you to wake up feeling refreshed and ready to take on the day.



PART 3: 8 NATURAL STEPS TO HELP YOU FALL ASLEEP & STAY ASLEEP

Food can be a powerful ally on your journey to getting deeper, healthier sleep, but it's also about how you prepare your mind and body for rest.

Beyond adjusting your diet, there are practical, natural steps you can take to enhance your sleep environment, manage stress, and establish routines that promote deeper, more restorative sleep. These simple changes don't require drastic lifestyle overhauls. You can make mindful adjustments that can lead to big improvements in how well you rest.

Here are eight natural steps to help you fall asleep faster and stay asleep longer.

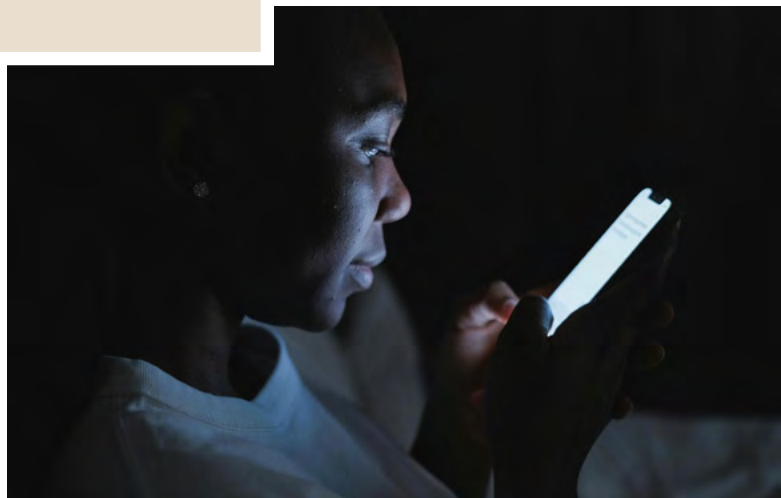
1. CREATE A RELAXING BEDTIME ROUTINE



Your body thrives on routine, and having a consistent bedtime routine signals to your brain that it's time to wind down. A relaxing pre-sleep ritual—such as reading, gentle stretching, or taking a warm bath—can help transition your mind from the busyness of the day to a state of rest. Keep your routine calming and avoid stimulating activities like watching TV or scrolling through your phone, which can interfere with your ability to relax.

2. LIMIT BLUE LIGHT EXPOSURE

Blue light from screens—phones, tablets, computers, and TVs—can interfere with your body’s production of melatonin, the hormone that regulates sleep.⁴⁰ To minimize the impact, reduce screen time at least an hour before bed and consider using blue light-blocking glasses if evening screen use is unavoidable. Many devices also have a night mode that reduces blue light emissions. Creating a screen-free zone in the hour leading up to bedtime can make a noticeable difference in your sleep quality.



3. EXERCISE REGULARLY, YET NOT TOO LATE

Regular exercise can help you fall asleep faster and enjoy deeper sleep, however, timing matters. While exercise boosts mood and energy during the day, working out too close to bedtime may have the opposite effect by raising your body temperature and making it harder to fall asleep. Aim to finish vigorous workouts at least three hours before bed, and if you like to move in the evening, opt for gentle activities like yoga or stretching.⁴¹



4. ESTABLISH A CONSISTENT SLEEP SCHEDULE

Going to bed and waking up at the same time each day—even on weekends—helps regulate your body’s internal clock. Consistency reinforces your body’s natural sleep-wake cycle, making it easier to fall asleep at night and wake up feeling refreshed. Try to stick to a schedule that aligns with your natural sleep patterns, and avoid drastic shifts that can throw off your rhythm.^{42,43}



5. OPTIMIZE YOUR SLEEP ENVIRONMENT



Creating a sleep-friendly environment can significantly enhance your sleep quality. Keep your bedroom cool, dark, and quiet. Invest in blackout curtains if light pollution is an issue, and consider using a white noise machine or earplugs to block out disruptive sounds. A comfortable mattress and pillows that support your preferred sleep position are also key components of a restful sleep environment.⁴⁴

Something else to consider for your sleep space is a weighted blanket. You may have heard of these or

seen them advertised as they are increasing in popularity. As described, these blankets have ‘weight’ built into them. They are designed to provide gentle, evenly distributed pressure across your body, mimicking the sensation of being held or hugged. This “deep touch pressure” can help reduce anxiety, lower cortisol levels (the stress hormone), and promote the production of serotonin and melatonin—two chemicals that are crucial for relaxation and sleep.

Many people find that a weighted blanket helps them fall asleep faster and experience more restful, uninterrupted sleep. One tip: When choosing a weighted blanket, aim for one that’s around 10% of your body weight for optimal comfort and effectiveness.

6. MINDFULLY MANAGING YOUR STRESS LEVELS

Stress is one of the biggest barriers to a good night’s sleep, whether it comes from a busy day or racing thoughts when you’re trying to unwind. Managing your stress levels throughout the day can make it easier to relax when bedtime comes around. Simple practices like taking short breaks, practicing gratitude, or engaging in activities that bring you joy can help keep stress in check, so it doesn’t follow you into the night.

At bedtime, incorporating mindfulness or meditation can further quiet your mind and prepare your body for rest. Techniques like deep breathing, progressive muscle relaxation, or guided imagery can reduce stress and ease you into sleep. Even just a few minutes of mindful breathing before bed can make a big difference, helping you let go of the day’s worries and settle into a peaceful, restful state.⁴⁵



7. LIMIT LIQUIDS BEFORE BEDTIME



Staying hydrated is essential for overall health, but timing is key. Limiting liquids right before bed can significantly improve sleep quality by reducing the likelihood of nighttime awakenings. When you drink too much before sleeping, you may wake up to empty your bladder, disrupting your sleep cycle. This can lead to fragmented sleep, making it harder to reach the deeper, restorative stages of sleep.⁴⁶

Additionally, drinking liquids close to bedtime can increase the risk of discomfort from a full bladder, which can make it challenging to fall asleep in the first place. By cutting back on fluids in the evening, you can help ensure a more uninterrupted sleep, allowing your body to rest and rejuvenate more effectively.^{47,48}

8. HELPFUL HERBS

Nature has long provided remedies for sleeplessness, and several herbs have stood the test of time for their calming, sleep-inducing effects. Unlike prescription medications, these herbs work gently to help regulate the body's natural sleep rhythms, reducing anxiety and promoting relaxation without the harsh side effects. The following are just a few of the most effective sleep-supporting herbs backed by research and tradition.



Valerian Root

Valerian root is another powerful herb that has been used since ancient times to treat insomnia and anxiety.⁴⁹ It works by increasing the levels of gamma-aminobutyric acid (GABA) in the brain, a neurotransmitter that has a calming effect on the nervous system. Low levels of GABA are linked to anxiety, stress, and poor sleep. Several studies have found that valerian root can help people fall asleep faster and improve the overall quality of sleep, especially when taken over a period of weeks.⁵⁰ Unlike some sleep medications, valerian doesn't tend to cause grogginess the next morning, making it a popular natural alternative.

Lavender

Lavender is widely known for its soothing aroma, and it's no surprise that it can help with sleep as well. In fact, studies have shown that inhaling lavender essential oil or using lavender-infused products before bed can significantly improve your sleep quality. One study found that people who smelled lavender oil before bed had deeper, slow-wave sleep—a critical phase of the sleep cycle responsible for feeling rested in the morning.^{51,52} The best thing about lavender is that it's so popular, you can find it in just about any form that suits you best. Whether that's a lavender sachet under your pillow or a few drops of lavender oil in a diffuser, this herb is an easy way to introduce calm and relaxation into your nighttime routine.

Ashwagandha

Ashwagandha is an adaptogenic herb that has gained attention for its ability to reduce stress and support sleep. Adaptogens help your body adapt to stress and balance hormones, and ashwagandha has been shown to lower cortisol levels—the hormone responsible for the “fight or flight” response.^{53,54} Lowering cortisol helps calm the nervous system, making it easier to fall asleep and stay asleep. Research indicates that ashwagandha may not only improve sleep but also help regulate circadian rhythms, ensuring a more restful and balanced sleep cycle.^{55,56} It’s available as a supplement or in powdered form that can be added to warm milk or tea.

Lemon Balm

Lemon balm is part of the mint family and has been used for centuries to reduce stress and anxiety, which can interfere with sleep. Studies show that lemon balm has calming effects that promote better sleep, especially when paired with other calming herbs like valerian or chamomile. One study found that 80% of participants who took a lemon balm supplement experienced a significant reduction in insomnia symptoms after 15 days.⁵⁷ Its gentle sedative effects make it a great herb to sip as tea or take in supplement form in the evening.

Chamomile

Chamomile, renowned for various medicinal properties, is perhaps the most widely recognized herb for sleep. A key part of the reason is because chamomile contains apigenin, an antioxidant that binds to specific receptors in the brain, promoting sedation and reducing anxiety. In one study, older individuals who consumed chamomile extract reported a decrease in nighttime awakenings and overall improved sleep quality.⁵⁸ Other studies have also shown chamomile may be particularly beneficial for those with sleep disturbances.⁵⁹ Chamomile is a member of the daisy family, and those who have allergies to daisies may want to avoid it. Otherwise, chamomile is generally a very safe herb, so consider a cup of chamomile tea to help you get your z’s!

Good sleep doesn’t have to be a distant dream. By making mindful choices about what you eat and how you prepare your body for rest, you can take control of your sleep quality naturally and effectively. The 13 best foods for sleep offer you a delicious, nutritious way to enhance your rest while avoiding the nine worst foods helps you steer clear of common pitfalls that can keep you awake.

Beyond diet, implementing natural sleep strategies—like creating a relaxing bedtime routine, managing stress, and optimizing your sleep environment—can further support your journey toward better sleep. These simple steps aren’t about drastic lifestyle changes; they’re about small adjustments that make a big impact.

With the right foods on your plate, a peaceful nighttime routine, and a supportive sleep environment, you can enjoy the deep, restorative sleep your body needs to thrive. So start tonight—make a few tweaks, embrace the best foods for your sleep, and see how these changes can transform your nights and, ultimately, your days. Here’s to better sleep and brighter mornings ahead!

NOW, GET READY FOR THE MOST LIFE-CHANGING HEALTH SECRETS OF ALL...

So again, here at The Art of Anti-Aging, the “anti” means we’re against all the destructive lies about getting older out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re against all the toxic “solutions” and toxic thinking being pushed on people by certain powers-that-be who so often play upon those destructive aging lies and manipulate people through fear and even “convenience.”

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And we are 100% committed to providing you the proven most effective health and wellness steps to achieve that... to look and feel your best, avoid and overcome disease, live a long life, and thrive while doing it.

The special report was just a small taste of that (and please DO share this report with family and friends)...

...Whereas *LET’S GET PERSONAL: The Ultimate Healthy Aging and Longevity Summit* truly is the PINNACLE of our mission.

Because you’re about to discover the little-known health and longevity steps that have proven so powerful that today’s most legendary MDs and researchers make certain to take those steps themselves.

[Head here now to sign up for the FREE online LET’S GET PERSONAL: The Ultimate Healthy Aging and Longevity Summit](#) if you aren’t signed up already and...

[Head here to get the COMPLETE recordings and transcripts of the entire summit](#) if you don’t feel you’ll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.





Let's Get **PERSONAL**

The Ultimate Healthy Aging and Longevity Summit

22 Top Experts Reveal the Simple and Most Effective Secrets to Look & Feel Younger Now,
Avoid Disease, and Live Long



"There are certain steps you can take that are so effective at warding off disease and helping you live long and well that they should be common knowledge. Unfortunately, so many of these steps are still widely unknown.

You are about to discover these essential secrets in LET'S GET PERSONAL: The Ultimate Healthy Aging and Longevity Summit. It's hosted by my good friend and veteran natural health researcher, Brian Vaszily, who has a gift for bringing the best out of those he interviews — and who has a knack for making things fun as well as life-changing!"

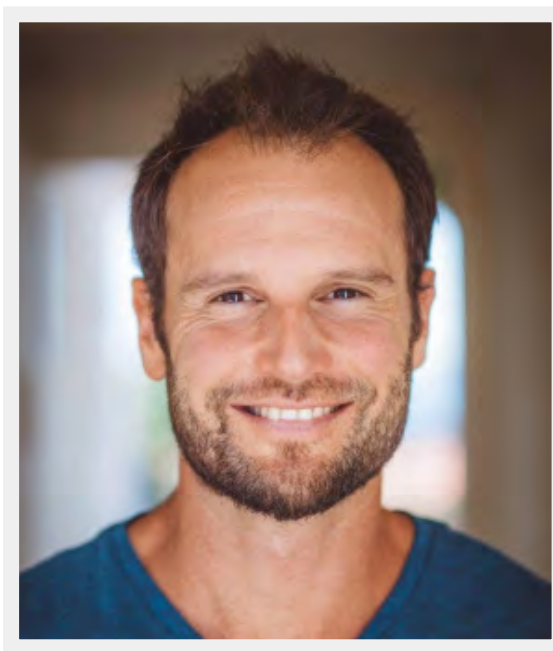
David Perlmutter

Board-Certified Neurologist, 6-Time NY Times Bestselling Author

*"Brian Vaszily has been a highly regarded natural health luminary for over two decades, and he's known for leading health events that are deeply engaging, genuinely life-changing, and fun. However, in LET'S GET PERSONAL: The Ultimate Healthy Aging and Longevity Summit, he's about to take things to another level. Because in it, he's asking 22 world-renowned healthy aging and longevity experts to reveal **THE most powerful secrets of all to look and feel your best, avoid disease, and live long.** These are steps that work so well that the experts personally use them in their own lives, and rest assured, you're going to want to do the same. **Don't let yourself miss a moment of this epic event!**"*

Ari Whitten

World-Renowned Energy and Fatigue Expert



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