

Foods for Sleep: Research on Proven Foods for Insomnia

Research studies are confirming that certain foods are high in the natural sleep hormone melatonin, and other foods are good sources of potassium, calcium and magnesium

October 13, 2015 (FPRC) -- The National Institutes of Health reports that about thirty percent of the population experiences disrupted sleep and insomnia. Because sleeping drugs are addictive and come with side effects, many people are reaching out for natural sleep remedies.

Research studies are confirming that certain foods are great as foods for sleep. There are those that are high in the natural sleep hormone known as melatonin, and other foods are proving themselves good sources of potassium, calcium and magnesium.

In a study from the University of California San Diego, researchers examined the effects of potassium supplementation on sleep quality. A placebo-controlled study compared one week of potassium chloride supplements to one week of identical placebo capsules. Their results were published in the journal "Sleep", and showed that potassium significantly increased sleep efficiency due to less awakenings after falling asleep.

The tart "Montmorency" cherry contains a significant level of melatonin per a study done at the University Of Texas Health Science Center. Cherries are available in a concentrated supplement form that can be taken in the evening to improve the quality of sleep. Other ways cherries can be eaten include fresh cherries, frozen cherries and cherry juice. Cherry juice should be diluted with water or sparkling water as it is high in natural sugars.

Researchers have measured the effect that different types of rice have as sleep remedies. Mahatma rice (low carbohydrate rice) was compared to Jasmine rice (high in carbohydrates) for their effects on sleep quality. The rice was eaten either four hours before bedtime or one hour before bedtime. The study from the American Journal of Clinical Nutrition found that a high carbohydrate-based meal resulted in a significant shortening of the time needed to fall asleep when eating it four hours before bed.

Almonds are a very good source magnesium and can help with better sleep. James F. Balch, M.D., author of Prescription for Nutritional Healing, writes: "A lack of the nutrients calcium and magnesium will cause you to wake up after a few hours and not be able to return to sleep." Eating a handful or two of almonds before bed can be helpful.

A recently released study on magnesium sleep supplements came from the University of Medical Sciences in Iran. It included 46 older adults, aged 60 to 75, who were experiencing insomnia. However, it's interesting to note that the researchers recommend their results be extended as a helpful aid to all ages of the general population.

The people were divided into two groups. One group received placebos, while the other received magnesium oxide tablets twice a day (250 milligrams each) for eight weeks. In the group that was given magnesium, the subjects experienced significant increases in sleep time, with less night time interruptions and fewer early morning awakenings.

Jobee Knight, a nutritional researcher and founder of Nutrition Breakthroughs in Glendale California, is someone who fought her own battle against sleeplessness and insomnia. She decided to put her background to use by searching out effective natural ingredients for relaxation and deeper sleep.

The result was Sleep Minerals II, a natural sleep remedy which contains highly absorbable forms of the best minerals for sleep and relaxation: Calcium and magnesium with Vitamin D. The ingredients are delivered in a softgel form with healthy carrier oils, making them more easily assimilated than capsules or tablets and providing a deeper, longer-lasting sleep.

Doctor P. of Houston, Texas says: “I had developed severe sleeping problems and took two different sleeping medications over the course of several weeks. When I discontinued them the insomnia came back even worse. Sleep Minerals II was just what I needed. I’ve been taking it and getting many hours of sleep a night. As a doctor I would definitely avoid prescribing sleeping drugs — I would recommend Sleep Minerals II.”

Chris M. of the United Kingdom says: “I take one softgel of Sleep Minerals II before bed every night and within 20 minutes I am asleep. The difference in the quality of my sleep and the ease with which I get to sleep using this product is monumental. I have stopped obsessing about sleep or dreading bedtime — I just take a softgel and drift off. If I stop taking them, within a week my sleep starts to lighten in quality, the amount of my sleep diminishes, and my old insomniac patterns reappear.”

For more information, visit www.NutritionBreakthroughs.com.

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