



FLIP NEWSLETTER



11TH EDITION



Ending on a Good Note:

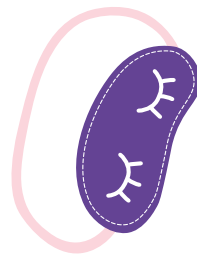


Healthy Bedtime Habits



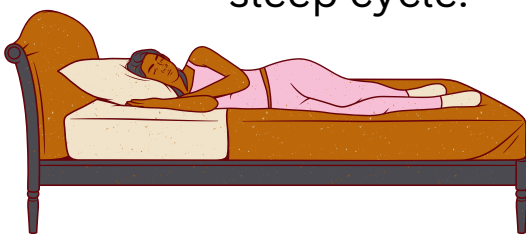
Sleep; sure, we all do it at the end of our day, but are we getting quality sleep that prepares us for the next day? Not only is sleep important for tomorrow's energy, but it plays a crucial role in our immune function, digestion, brain health, and so much more! This newsletter includes some tips to encourage a healthy sleep cycle.

Manage your stress! Staying up late at night with worries? Try meditating, listening to soothing music, or journaling to relax at night.



Talk to a healthcare professional if you experience pain or discomfort while sleeping.

Consistency! Falling asleep and waking up at the same time every day will set your sleep cycle.



Avoid electronics 30 mins before sleeping! This one can be difficult, but putting the stimulating phone down helps our minds unwind. It's not as relaxing as you might think!

Remember: Everybody is different, but adults should get ~8 hours of sleep, children and teens should get closer to 10!

SLEEP AND NUTRITION

The important relationship between sleep and nutrition is frequently overlooked. Diet and nutrition can influence the quality of your sleep, and certain foods and drinks can make it easier or harder to get the sleep that you need.



AVOID
before bed



CHOOSE
before bed

- **Caffeine**
 - Coffee, soda, and chocolate can keep you awake and disrupt your sleep.
- **Alcohol**
 - Alcohol can make you feel drowsy, yet lead to frequent waking during the night.
- **Spicy or acidic foods**
 - These types of foods can cause heartburn or indigestion, making it difficult to fall asleep.
- **Heavy or high-fat foods**
 - These foods can take longer to digest, leading to discomfort and disruption of sleep.
- **Bananas**
 - Bananas contain magnesium and potassium, which can help relax muscles and promote sleep.
- **Nuts, especially almonds**
 - Almonds are a good source of melatonin and magnesium, which can support sleep quality.
- **Dairy**
 - Dairy products, such as a glass of milk, cottage cheese, and plain yogurt, are known sources of tryptophan, an amino acid that can promote relaxation and sleepiness.
- **Herbal tea**
 - Chamomile, valerian root, and mint tea can help promote relaxation and sleep.



CHECK OUT THESE RECIPES!



**Ricotta & Yogurt
Parfait**



**Almond Butter
Banana Bites**