# 5 foods that will help you sleep better



Dr. Alan Mandell, an influential health expert known for his wellness advice on TikTok, where he has 3.3 million followers, has unveiled a selection of foods that could potentially enhance sleep quality.

Dr. Mandell's first recommendation is almonds, which are packed with magnesium, a mineral crucial for muscle relaxation and promoting sleep. Besides, these nuts are abundant in healthy fats and protein, which can sustain feelings of fullness all night.

Next on the list, Dr. Mandell highlights Greek yogurt's sleep-promoting powers. Rich in protein and essential for stabilizing blood sugar levels, it keeps hunger at bay. More importantly, Greek yogurt is a source of tryptophan, an amino acid essential for serotonin production, which eventually converts into melatonin—the hormone orchestrating sleep cycles. Amerisleep also emphasizes the yogurt's nutrient profile, praising its protein, calcium, and vitamin B12 content.

Cherries are another bedtime snack Dr. Mandell champions. With natural melatonin, cherries could help regulate sleep patterns. Healthline expands on this by noting the abundance of essential nutrients like magnesium, phosphorus, and potassium in tart cherry juice, alongside antioxidants that enhance sleep quality.

Eggs, the versatile kitchen staple, also make Dr. Mandell’s list. He points out that hard-boiled eggs, high in protein and tryptophan, can boost serotonin and melatonin production, encouraging restful sleep.

Finally, Dr. Mandell advocates for herbal teas such as chamomile and lavender. Their caffeine-free properties, along with soothing effects, help the body relax before bed. Healthline notes that chamomile tea includes apigenin, an antioxidant that promotes sleepiness and counters insomnia.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=_sF6uiZ0g9w> - This video by Dr. Mandell discusses the sleep-enhancing properties of certain foods, including bananas and ground cumin, which aligns with the concept of using specific foods to improve sleep quality.
* <https://www.healthline.com/nutrition/magnesium-and-sleep> - This article from Healthline supports the claim that magnesium-rich diets, such as those including almonds, can enhance sleep quality.
* <https://www.amerisleep.com/blog/greek-yogurt-before-bed/> - Amerisleep's article highlights the sleep-promoting benefits of Greek yogurt, including its protein, calcium, and vitamin B12 content, as recommended by Dr. Mandell.
* <https://www.healthline.com/nutrition/tart-cherry-juice-for-sleep> - Healthline's article on tart cherry juice explains its sleep-regulating properties due to natural melatonin and other essential nutrients, supporting Dr. Mandell's recommendation of cherries.
* <https://www.livestrong.com/article/13772241-do-eggs-help-you-sleep/> - LiveStrong's article discusses the potential of eggs to aid in sleep, while also cautioning those with gastrointestinal sensitivities, as mentioned in the context of Dr. Mandell's advice.
* <https://www.healthline.com/nutrition/chamomile-tea> - Healthline's article on chamomile tea explains its sleep-promoting properties, including the presence of apigenin, an antioxidant that counters insomnia, aligning with Dr. Mandell's recommendation of herbal teas.
* <https://www.youtube.com/watch?v=X0oFokvYCzw> - This video by Dr. Mandell lists various bedtime snacks that promote better and faster sleep, including some of the foods mentioned in the article.
* <https://www.youtube.com/watch?v=GMestMg_gks> - Dr. Mandell's video on healthy foods to cure insomnia provides additional context on using specific foods to enhance sleep quality, similar to the recommendations in the article.
* <https://www.noahwire.com> - The source article from Noah Wire Services provides the original context for Dr. Mandell's recommendations on foods that enhance sleep quality.
* <https://www.healthline.com/nutrition/protein-before-bed> - Healthline's article on protein before bed supports the idea that foods rich in protein, such as Greek yogurt and eggs, can help stabilize blood sugar levels and promote sleep.