

Top 10 Foods for Better Sleep

Ten foods with evidence for better sleep, including kiwifruit, tart cherries, and fatty fish, plus timing tips, serving sizes, and safety cautions.

1 Kiwifruit

Serotonin, vitamin C, folate

Serving: 2 kiwifruit about 1 hour before bed

Two kiwis before bed improved sleep onset in a small trial.

2 Tart Cherries and Tart Cherry Juice

Melatonin, anthocyanins

Serving: About 30 mL concentrate (or 1 cup juice) daily

A natural dietary source of melatonin.

3 Fatty Fish

Omega-3s, vitamin D

Serving: 3 servings per week

Omega-3s and vitamin D linked to better sleep in one trial.

4 High-Fiber Whole Grains

Fiber, magnesium

Serving: 3 servings daily

More fiber associated with deeper, less fragmented sleep.

5 Pumpkin Seeds

Magnesium, tryptophan, zinc

Serving: 1 oz (about 2 tablespoons)

A rich source of magnesium.

6 Almonds

Magnesium, vitamin E

Serving: 1 oz (about 23 almonds)

Magnesium and healthy fats in a small snack.

7 Plain Yogurt or Milk

Tryptophan, calcium, protein

Serving: 1 cup

Protein with tryptophan and calcium.

8 Bananas

Potassium, magnesium, vitamin B6

Serving: 1 medium banana

Potassium and magnesium in an easy evening snack.

9 Chamomile and Other Caffeine-Free Herbal Teas

Apigenin (chamomile)

Serving: 1 cup in the evening

A calming, caffeine-free evening ritual.

10 Eggs

Protein, vitamin D, B12

Serving: 1-2 eggs

Protein, vitamin D, and B12 for a balanced evening meal.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/sleep/