

Twitter Thread by Matteo Franceschetti

Matteo Franceschetti

@m_franceschetti



Diet and sleep are inextricably linked. The foods you eat influence your sleep, and the quality of your sleep can impact your food choices.

If you're looking for tips to improve your sleep, this thread is for you. ■

Poor diet and bad sleep are a vicious cycle:

- Poor sleep can lead you to consume more calories the next day
- Preference for sugary foods increases when you're tired
- Check out this study if you're interested to learn about the scientific relationship

<https://t.co/ezMqXBKMB2>

Personally, I maintain a keto intermittent fasting diet, which has been great for my sleep:

I've been on a keto diet for over 2 years now, cheating usually 1 day per week (Friday night). I tend to fast 23hr/day on weekdays, eating for dinner. On weekends, I fast 16:8.

Mediterranean diet & more (cont.):

I also noticed that if I stop eating two hours after dinner, and if I stick to a nutrient-rich mediterranean diet, I sleep better during the night.

What happens when I'm tired:

I struggle with food the most when I'm sleep deprived. I have trouble fasting when I'm tired, and I crave and eat carbs or sugary foods. I also exceed my regular amount of coffee. I usually suffer this the most if I sleep <7h.

If you're interested in sleeping better, check out the Mediterranean diet:

- It's been linked to reduced insomnia
- This diet includes vegetables, fruits, nuts, seeds, legumes, whole grains, seafood, poultry, yogurt, and olive oil

<https://t.co/QGWfhQGbzR>

Additional foods to incorporate into your diet for sound sleep:

- Plants and leafy greens
- Fiber rich foods
- Foods high in unsaturated fat (i.e. nuts, olive oil, fish, avocados)

If you're struggling with sleep, avoid these foods:

- High-sugar foods
- Saturated fats
- Processed and simple carbs

Foods to avoid for sleep (cont.):

- Complex carbs are better for more stable blood sugar levels, leading to better sleep <https://t.co/027m4lXo5l>
researchers found that eating more saturated fat and less fiber led to reductions in slow-wave, deep sleep
<https://t.co/3lXNfpgGn7>

Key takeaways:

- Diet & sleep are directly intertwined
- By controlling the foods you eat through diet, you can improve your sleep quality
- Poor diet can lead to decrease in quality sleep, which then causes a positive feedback loop
- Read more here: <https://t.co/PXkLryaGpO>