

Full Book Eat to Sleep: What to Eat and When to Eat It for a Good Night's Sleep-Every Night by Karman Meyer

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By: Karman Meyer

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Utilize food as your all-natural solution to sleeplessness with this easy guide that teaches you just what to eat and when to eat it to fall asleep faster and wake up refreshed. We've all heard that it's the turkey that makes you so sleepy after every Thanksgiving dinner, and a cup of warm milk is just the thing to help you settle down for night, but it may surprise you to find just how much what you eat can affect how well you sleep at night. Whether you experience occasional insomnia or suffer from chronic sleeplessness, Eat to Sleep explains which foods to eat and when to eat them in order to get the best night's rest possible. With information on how to easily incorporate sleepy foods into your diet, and how to prepare your food to increase its sleep-inducing effectiveness, Eat to Sleep shows you the way to getting optimal shut-eye naturally.

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