# **12 Sneaky Foods That Make You Sleepy**

**and 11 that will keep you up**

**Foods That Make You Sleepy**

Stick to these late-night bites, and peaceful slumber will be yours.



1. **Figs**

"Figs pack potassium, magnesium, calcium, and iron," says [Jaclyn London, MS, RD, CDN](https://www.goodhousekeeping.com/author/11834/jaclyn-london-ms-rd-cdn/), Nutrition Director at the [Good Housekeeping Institute](https://www.goodhousekeeping.com/institute/about-the-institute/). "These minerals help with blood flow and muscle contraction, which are key for falling asleep." Besides crushing your dessert craving, each fig also packs some additional fibre that'll keep you full.

1. **Watermelon**

It's all in the name. Each 2-cup serving is half (you guessed it) water, which will hydrate you before bed and eliminate post-dinner hunger pains due to the fibre and volume.

1. **Sweet Potato Toast**

Swap baked [sweet potatoes](https://www.goodhousekeeping.com/food-recipes/a40600/how-to-make-sweet-potato-toast-video/) for traditional night-time toast. Sweet potatoes are [great sources of potassium, magnesium, and calcium](https://www.goodhousekeeping.com/health/diet-nutrition/a48026/sweet-potato-nutrition/) to help you relax. Top with a drizzle of honey and pinch of sea salt, or a tablespoon of nut butter for a post-dinner treat.

1. **Pistachios**

Pistachios hit the sleep-inducing jackpot, packing in protein, vitamin B6, and magnesium, all of which contribute to better sleep. Refrain from a shell-cracking frenzy, though. Don't exceed a 1-ounce portion of nuts - anything too high in calories can have the reverse effect of [keeping you awake](https://www.goodhousekeeping.com/health/a38462/why-you-shouldnt-bring-your-phone-into-bed/)!



**5.Prunes**

The nutrients in dried plums — vitamin B6, [calcium](https://www.goodhousekeeping.com/health/diet-nutrition/a25796/food-for-bone-health/), and magnesium, to name a few — help make melatonin, the hormone that regulates sleep. Use prunes as a whole-grain toast topping, mix them into trail mix, or eat them on their own about 30 minutes before bedtime.



**6.Herbal Teas**

No surprise here, but herbal [tea](https://www.goodhousekeeping.com/health/diet-nutrition/g4300/tea-benefits/) has tons of snooze-promoting properties. [Camomile](https://www.goodhousekeeping.com/food-recipes/a11049/calming-herbal-tea-recipe-clv0911/) tea is excellent for calming nerves before bedtime. It's also hydrating and stomach-soothing, same as ginger tea.



**7. Oats**

It may be a favourite for breakfast, but you might want to pair a bowl of porridge oats with some [coffee](https://www.goodhousekeeping.com/health/diet-nutrition/a32231/healthy-benefits-of-coffee/) to make it through the day. Grains in oatmeal trigger insulin production much like whole-grain bread. They raise your blood sugar naturally and make you feel sleepy. [Oats](https://www.goodhousekeeping.com/food-recipes/g3703/overnight-oats/) are also rich in melatonin, which relaxes the body and helps you fall asleep."

**8. Almonds**

Just a handful of these and you'll be dozing off in no time. Almonds contain tryptophan and magnesium, which both help to naturally reduce muscle and nerve function while also steadying your heart rhythm.

**9. Cherries**

The best way to get a good night's sleep is to increase your melatonin intake. Cherries, along with nuts and oats, are a natural source of melatonin. When eaten regularly, they can help regulate your sleep cycle.

**10. Turkey**

The battle of the turkey is still being fought today. Some experts say it has no effect on sleep, and the annual Christmas Day food coma is caused by the amount of food you eat, not the bird itself. But turkey does have tryptophan in it, which gets metabolized into serotonin and melatonin, two of the main chemicals responsible for your dozing off.

**11. Dark Chocolate**

Don't worry — you can eat chocolate day and night (whew!).  [Dark chocolate](https://www.goodhousekeeping.com/food-recipes/g4097/best-dark-chocolate-bars/) contains serotonin, which relaxes your body and mind. Not to mention the [other health benefits](https://www.goodhousekeeping.com/health/diet-nutrition/g1838/top-iron-sources/) dark chocolate has too.

**12. Bananas**

The magnesium and [potassium](https://www.goodhousekeeping.com/health/diet-nutrition/g2065/potassium-superfoods/) in [bananas](https://www.goodhousekeeping.com/health/diet-nutrition/a47807/banana-nutrition/) serve as muscle and nerve relaxants. Vitamin B6 found in the fruit also converts tryptophan into serotonin, increasing relaxation even more.

**Foods That Keep You Awake**

Check the clock before indulging in these favourite treats, or risk tossing and turning all night long.

**1.Soy Sauce**

Hold back on dunking your [sushi](https://www.goodhousekeeping.com/food-recipes/easy/g4515/rice-bowl-recipes/) unless you want to wake up in the middle of the night parched. Just one teaspoon of soy sauce contains more than half of your daily recommended allowance for salt. Choose low-sodium versions and push forward dinnertime to at two hours before bed.

**2. Peppermints**

Minty-fresh sweets and chewing [gum](https://www.goodhousekeeping.com/health/wellness/news/a38769/what-happens-when-you-swallow-gum/) act as stimulants, not relaxers, so put those sticks away until tomorrow.

**3. Burgers**

Don't swing by the drive-thru if you want to hit the hay early. High-fat foods like burgers and pizza take longer to digest, messing with your [sleep](https://www.goodhousekeeping.com/health/wellness/news/a35114/sleep-habits-of-highly-successful-people/).

**4.Orange Juice**

Squeezed citrus, like orange and grapefruit juices, might trigger a nasty case of [heartburn](https://www.goodhousekeeping.com/health/a32940/things-you-should-know-about-heartburn/). The acidic foods can cause reflux in some people, so steer clear if you want to rest easy.

1. **Processed or Smoked Meats**

Leave this one on the deli counter. Processed meats contain high levels of sodium, which will have waking you up and reaching for a glass of water. These meats also aren't the healthiest ones to munch on either, [sleep patterns](https://www.goodhousekeeping.com/health/news/a42594/good-sleep-recommendations/) aside.

1. **Spicy Foods**

Those [hot wings](https://www.goodhousekeeping.com/food-recipes/a11454/fiery-buffalo-wings-recipe-ghk0113/) may taste damn good during the football game, but they aren't going to feel so great come bedtime — especially if you're prone to [heartburn](https://www.goodhousekeeping.com/health/a32940/things-you-should-know-about-heartburn/). Eat your favourite [hot foods](https://www.goodhousekeeping.com/health/diet-nutrition/news/a42428/spicy-food-longevity/) early enough in the day to prevent a sleepless night later.

1. **Coffee**

You've known this guy for years. He's gotten you through countless all-nighters and pepped you up for that 8 a.m. Monday morning presentation. But did you know that [caffeine](https://www.goodhousekeeping.com/health/diet-nutrition/a33551/side-effects-caffeine/) isn't actually giving your body any energy? Though caffeine does provide us with that feeling of alertness, it's just a stimulant.

1. **Alcohol**

Even though it's a depressant, [alcohol](https://www.goodhousekeeping.com/health/diet-nutrition/news/a36392/new-alcohol-guidelines/) will, oddly enough, keep you up at night. Many people use alcohol to help them relax, but it actually prevents your body from entering the deep stages of sleep.

1. **Tomato-Based Sauces**

Have that plate of [pasta](https://www.goodhousekeeping.com/food-recipes/easy/g2341/pasta-recipes-with-5-ingredients/) at least few hours before tucking in at night. [Tomato-based foods](https://www.goodhousekeeping.com/food-recipes/easy/a36637/tomato-soup/) have a tendency to cause acid reflux and heartburn, which will prevent you from having a good night's sleep.

**10.Black Tea**

Herbal [teas](https://www.goodhousekeeping.com/food-recipes/a36468/make-perfect-cup-of-tea/) are great for sleeping, but avoid black varieties. It's another source of caffeine, which can keep you from drifting off.

**11.Energy Drinks**

It's not just the caffeine in energy drinks that makes you wired. Most beverages contain taurine, an amino acid that increases alertness and elevates your [heart rate and blood pressure](https://www.goodhousekeeping.com/health/a24788/important-health-numbers/).