

## Foods for better sleep

Try these before-bed snacks to help you drift off to dreamland. Each of them contains natural chemicals that may help you wind down. Don't eat too much: a heavy snack may actually keep you awake.



*Half a banana or a serving of cherries with a handful of almonds*



*Whole grain crackers with peanut butter*



*A cup of warm milk*



*Whole grain cereal with milk*



*Half a turkey sandwich on whole-grain bread*



*Chamomile, passionflower, or valerian herbal tea*

*Source: National Sleep Foundation*