



Cooking, Healing & Prayer

Living According to Your Rhythms

MEALS:

1. Try to eat meals close (within a half hour) to the same time each day. Your body will learn the timing, you will enjoy your food more, and your digestion will be better.
2. Allow at least five hours between meals to give your digestive system time to rest.
3. Eat a high energy breakfast (whole-grain cereal is a great breakfast food). Include protein. Nuts are a great source of protein as well as healthy fat.
4. If you eat three meals a day, eat a light third meal (little or no fat). This will allow better and more restful sleep, and you will be ready for a substantial breakfast.
5. Avoid late meals.*

SLEEP:

1. Try to go to bed close (within a half hour) to the same time each night. Your body will learn the timing and make it easier to get to sleep.
2. Your body produces melatonin, which helps you sleep. It begins around 9-9:30 pm, an ideal time to go to bed. Bright light (LED or fluorescent) interferes with melatonin production.
3. A cool (65° F), dark, quiet environment is best for sleep.
4. Exercise is an important aid to sleeping. Try to accomplish it at least 3 hours before bed.* If you are on medication or have risk of heart disease consult your physician before beginning an exercise program.

SHIFT WORK:

<https://www.sleepfoundation.org/shift-work-disorder/shift-work-you/tips-healthy-eating-and-exercising-when-working-shifts>

<https://www.dietitians.ca/getattachment/1e863a8a-4128-4dac-af1e-e7795af43cac/FACTSHEET---10-Nutrition-Tips-for-Shift-Workers.pdf.aspx>

<https://www.bmj.com/content/365/bmj.l2143.long>

* In a large study of Japanese workers "not exercising regularly and nocturnal eating habits were associated with subjective sleep insufficiency." Kageyama, M., et al. (2017). "Health-related behaviors associated with subjective sleep insufficiency in Japanese workers: A cross-sectional study." *J Occup Health* 59(2): 139-146.