

# WHAT YOU SHOULD EAT IF YOU HAVE SLEEP APNEA... AND WHAT TO AVOID

May 22<sup>nd</sup>, 2017 [Kathy Hansen](#)



**Your diet plays a huge role in so many of your daily functions** – from feeling energized and alert, to being able to make great decisions – and that includes your ability to achieve a good night's rest.

And if you suffer from sleep apnea or a sleeping disorder, **what you eat can help ease – or exacerbate – your condition.**

So, make sure you're taking all the possible steps to achieve a solid night of sleep by taking note of the following foods that can help you rest easy, or which can hinder your sleep apnea treatment.

## Foods to Love

### 1. Cherries, and Other Melatonin-Rich Foods

**Melatonin is a natural sleep enhancer** that is present in a wide array of fruits and veggies. Cherries, corn, asparagus, tomatoes, pomegranate, grapes, broccoli, olives and cucumbers all have noticeable amounts of this sleep-inducing hormone.

Melatonin is also available via a variety of nuts and seeds. For the best results, **go for tart cherry juice, which is one of the best natural sources of melatonin.**

### 2. Seafood, and Other Omega-3 Powerhouse Foods

**High levels of omega-3 fatty acids can help your body process the instrumental melatonin**, which in turn makes it easier to achieve better quality sleep.

And the best place to obtain omega-3 is through lean seafood, like salmon, tuna, and even shrimp. Make seafood a cornerstone of your evening meals for the best possible results.

### 3. Turkey, and Other Naturally Tryptophan-Infused Foods

Ever noticed how after a big Thanksgiving meal you naturally want to drift off to sleep? It's because turkey is loaded with tryptophan, which is an amino acid that turns into the neurotransmitter serotonin and eventually converts into melatonin.

The great news is **tryptophan is present in a lot of the staples we love**, including poultry, seafood, beans and nuts, veggies and even grains – including wheat, barley, oats, and rice.

## Foods to Avoid

### 1. Bananas

**Bananas are a great source of nutrients and fiber**, but this popular fruit can also increase mucus production, which can accelerate and influence breathing problems.

As a result, bananas should be avoided for at least a couple weeks after being diagnosed with sleep apnea to ensure that this fruit isn't contributing to your symptoms.

### 2. Fatty Meats

**Meats that are high in saturated fats can lead to inflammation in the body**, as well as a higher risk of cardiovascular issues which tend to go hand in hand with sleep apnea.

Avoid the fatty steaks, burgers, bacon, pork chops, lamb and sausage to promote a better night's rest.

### 3. High-fat dairy products

Like bananas, high-fat dairy goods – like cream, whole milk or heavy cheese, can also trigger or worsen your mucus production.

In addition, not only do these foods increase your sleep apnea symptoms, but like fatty meats, they can also lead to weight gain and heart issues which are also connected to sleeping disorders.

Simply put, **remove the fat from your diet, to remove a higher likelihood of problems.**

Never forget that while your diet is important, **what you eat is just a small component of your overall sleep apnea treatment.**

But along with a willingness to get treatment, a commitment to a more thoughtful diet can go a long way in easing your symptoms for the long run.

<https://www.simplesleepservices.com/what-you-should-eat-if-you-have-sleep-apnea-and-what-to-avoid/>