

[IMAGE]

The Sleepless Night Diet

By Editorial Staff

Need another sleepless night? Keep eating ultraprocessed foods (UPF). That's the conclusion of a study that evaluated UPF intake and insomnia in a large sample (38,570 adults). All participants completed a sleep questionnaire to assess sleep quality and at least two 24-hour dietary recall records. Results revealed a "a statistically significant association between UPF intake and chronic insomnia, independent of sociodemographic, lifestyle, diet quality, and mental health status."

Insomnia is more common than most people think; in fact, many people who don't think they're suffering from insomnia actually are. According to the National Institutes of Health, "With insomnia, you may have trouble falling asleep, staying asleep, or getting good quality sleep. This happens even if you have the time and the right environment to sleep well." Probably makes you wonder if you're suffering from insomnia, right?

Ultraprocessed foods aren't just associated with insomnia; health conditions such as diabetes, obesity and even cancer are linked to UPF consumption. You're likely eating at least some ultraprocessed foods without realizing it; think ice cream, breakfast cereals, instant soups, processed meats and a lot more ([click here](#) for more information). The bottom line: the more you limit your UPF intake, the better it is for your health.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=3270&no_paginate=true&no_b=true