



THE DIET ALTERNATIVE

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[www.a-](http://www.a-dietitians-exchange.com)

[dietitians-exchange.com](http://www.a-dietitians-exchange.com)

https://www.huffpost.com/entry/food-sleep_b_6762920?guccounter=1

https://www.huffpost.com/entry/super-sleepers_b_6702024

resources: <https://jeffsiegelwellness.com/how-nutrition-affects-sleep-and-what-to-do-about-it/>

<https://www.sleepfoundation.org/articles/diet-exercise-and-sleep>

<https://www.precisionnutrition.com/all-about-sleep>

<https://www.nbcnews.com/better/health/how-what-you-eat-affects-how-you-sleep-ncna805256>

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