

## Is Vegetarian Food Good For Sleep? **Sweta Verma\***

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### Abstract

Vegans and Vegetarians who focus on a balance of Whole Foods, and who take initiative to ensure they're getting the full spectrum of vitamins, minerals and other nutrients, can expect to have their plant-based Diet reinforce and support a healthy routine of Sleep.

**Keywords:** Minerals; Vitamins; Balance diet; Proper sleep

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### Introduction

According to Ayurveda people who take balance diet and mostly focus on their life according to the Ayurvedic culture gets better sleep.

Generally it is not exactly claimed by scientist that who gets better sleep but mostly the results show that vegetarians people gets better sleep in their whole life.

According to the Ayurvedic texts, Sleep is caused by increased kapha and insomnia by increased vata or pitta, which may follow physical or mental exertion, or disease.

Things gets normal if you change the way of your looking towards the life but the question is, "Which pattern or which eating habits should one prefer for better sleep?"

One gets good sleep, when is free from stress and is taking good meal which contains all the essential micro and macronutrients.

Proteins, fiber, minerals, carbs are the required balance diet for a healthy people who wants to get a better sleep.

So choosing the meal correctly and planning a balance diet will ensure the better sleep and a healthy mind and body.

Here are seven sleep inducing foods you may not have known [1-5].

- **Steak:** Fatty foods are very high in protein, like steak. High fatty foods like red meat have been linked to sleep apnea, which can lead to a whole host of health issues over time
- **Chicken:** Like red meat, chicken can backfill your digestive system during sleep. To balance back towards sleep add a carb, like bread
- **Meaty foods to nosh before bed**
- **Turkey:** At Thanksgiving, that food coma always kicks in after we demolish our fair helping of Turkey. Tryptophan helps the body produce Serotonin and regulate sleep

So at last the conclusion is "Going vegan can help health in that you'll get rarely ill, and it is sure it'll therefore help you sleep, you'll be quite convinced that it will not upsets your system. To outright say it'll help you sleep better you would not really say, but it'll improve your sleep and it'll improve your wellbeing, your digestion, and your overall health [6-8].

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