



Doctors Recommend Top Food for Better Sleep

Description

Certain foods can help improve sleep. Sleep doctors recommend trying tart cherries. This fruit contains melatonin, a hormone that helps regulate sleep. Experts say tart cherries also have benefits for reducing inflammation.

Dr. Morgan Soffler, an assistant professor of sleep medicine, explains that some people find tart cherries useful for getting better sleep. Small studies show that they can help those with insomnia sleep longer and better.

A review in 2025 looked at seven studies about tart cherries. It found that people who ate tart cherries slept longer and felt more rested. The review also noted that tart cherries increased melatonin levels.

You can eat tart cherries in different ways. The most popular method is drinking tart cherry juice before bed. You can drink it straight or mix it with coconut water to make it taste better. Frozen or dried tart cherries and supplements with cherry extract are also available.

If you are having trouble sleeping, it may also help to avoid eating for a few hours before bedtime. Dr. Sarathi Bhattacharyya suggests not eating or drinking for 3 to 4 hours before sleep to improve sleep quality. Use this time to relax instead.

Comprehension Questions

Multiple Choice

1. What fruit is recommended by sleep doctors to improve sleep?

- Option: Bananas
- Option: Tart cherries
- Option: Apples
- Option: Oranges

2. What hormone found in tart cherries helps regulate sleep?

- Option: Serotonin
- Option: Cortisol
- Option: Melatonin
- Option: Adrenaline



3. Who is Dr. Morgan Soffler?

- Option: A nutritionist
- Option: An assistant professor of sleep medicine
- Option: A sleep therapist
- Option: A general practitioner

4. What did a review in 2025 conclude about tart cherries?

- Option: They reduce stress
- Option: They help with digestion
- Option: They improve sleep and increase melatonin levels
- Option: They are high in calories

5. What is the most popular method of consuming tart cherries?

- Option: Eating them raw
- Option: Making a pie
- Option: Drinking tart cherry juice
- Option: Adding them to smoothies

6. How many studies were looked at in the review in 2025 concerning tart cherries?

- Option: Five studies
- Option: Seven studies
- Option: Ten studies
- Option: Twelve studies

True-False

7. Tart cherries can help reduce inflammation.

8. Dr. Sarathi Bhattacharyya recommends eating or drinking right before bedtime.

9. Small studies indicate that tart cherries can help those with insomnia sleep longer.

10. Tart cherry juice should be consumed in the morning for better sleep.

11. Experts agree that eating before bedtime can improve sleep quality.

12. Melatonin levels in the body can be increased by consuming tart cherries.



Gap-Fill

13. Tart cherries contain _____, a hormone that helps regulate sleep.
14. A review in 2025 looked at _____ studies about tart cherries.
15. Dr. Sarathi Bhattacharyya suggests not eating or drinking for _____ hours before sleep.
16. The most popular method of consuming tart cherries is drinking tart cherry juice _____ bed.
17. People who ate tart cherries felt _____ and slept longer.
18. Frozen or dried tart cherries and _____ with cherry extract are also available.

Answer

Multiple Choice: 1. Tart cherries 2. Melatonin 3. An assistant professor of sleep medicine 4. They improve sleep and increase melatonin levels 5. Drinking tart cherry juice 6. Seven studies

True-False: 7. True 8. False 9. True 10. False 11. False 12. True

Gap-Fill: 13. melatonin 14. seven 15. 3 to 4 16. before 17. more rested 18. supplements

CATEGORY

1. Health - LEVEL2

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