



Top Food Recommended by Doctors for Better Sleep

Description

Experts suggest certain foods might improve sleep quality, including tart cherries. This matters because many people struggle to get enough rest.

Dr. Morgan Soffler, from New York Medical College, and Dr. Sarathi Bhattacharyya, from Long Beach Medical Center, highlight tart cherries as a key food. These cherries are a natural source of melatonin, a hormone that signals bedtime, and have anti-inflammatory properties. Studies indicate they can enhance sleep duration and efficiency, benefiting those with insomnia.

A 2025 study review in "Food Science & Nutrition" examined research on tart cherries, finding they significantly improved how long participants slept and how quickly they fell asleep. The cherries also raised melatonin levels and reduced inflammation.

Tart cherries can be consumed in various forms, with tart cherry juice being a popular choice. It can be drunk alone or mixed with coconut water to reduce tartness. Alternatives include frozen or dried cherries, or supplements with tart cherry extract.

Dr. Bhattacharyya advises avoiding eating or drinking three to four hours before bed to improve sleep quality. He suggests using this time to unwind, helping the body and mind prepare for sleep.

Next, if you're considering dietary supplements, be careful and consult with a healthcare provider, especially if pregnant, nursing, or when giving them to children.

Comprehension Questions

Multiple Choice

1. What is a key food suggested to improve sleep quality?

Option: Bananas

Option: Tart cherries

Option: Almonds

Option: Oatmeal

2. Which hormone do tart cherries naturally contain that signals bedtime?

Option: Serotonin



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

3. What is a common form to consume tart cherries?

- Option: Canned cherries
- Option: Frozen cherries
- Option: Tart cherry juice
- Option: Cherries in syrup

4. According to research, tart cherries can enhance sleep duration and efficiency for those with what condition?

- Option: Snoring
- Option: Insomnia
- Option: Sleep apnea
- Option: Nightmares

5. What should you avoid doing three to four hours before bed according to Dr. Bhattacharyya?

- Option: Exercising
- Option: Eating or drinking
- Option: Watching TV
- Option: Using electronics

6. In which journal was the 2025 study review on tart cherries published?

- Option: Sleep Medicine Reviews
- Option: Food Science & Nutrition
- Option: Journal of Sleep Research
- Option: Nutrition Reviews

True-False

- 7. Tart cherries have anti-inflammatory properties.
- 8. Dr. Morgan Soffler is associated with Long Beach Medical Center.
- 9. Tart cherries can only be consumed as juice.
- 10. Consuming tart cherries can help benefit those who struggle with insomnia.



11. Melatonin levels are raised by tart cherries.
12. You should consult a healthcare provider before taking dietary supplements for sleep.

Gap-Fill

13. Tart cherries are highlighted as a key food by Dr. _____ from New York Medical College.
14. The cherries raised melatonin levels and reduced _____.
15. Experts suggest avoiding eating or drinking _____ hours before bed.
16. Tart cherries are a natural source of _____.
17. Dr. Bhattacharyya suggests using time before bed to _____.
18. A 2025 study review examined tart cherries in the journal _____.

Answer

Multiple Choice: 1. Tart cherries 2. Melatonin 3. Tart cherry juice 4. Insomnia 5. Eating or drinking 6. Food Science & Nutrition

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

Gap-Fill: 13. Morgan Soffler 14. inflammation 15. three to four 16. melatonin 17. unwind 18. Food Science & Nutrition

CATEGORY

1. Health - LEVEL4

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