



Avocados and Sleep

A DELICIOUS WAY TO REST BETTER

Getting enough quality sleep has far-reaching health benefits for the body.



SLEEP ENCOURAGES:

- A strong immune system
- Healthy weight management
- Reduced stress
- Better mood
- Greater focus, memory function, and learning



MORE THAN **ONE-THIRD** OF US ADULTS STRUGGLE TO GET ENOUGH SLEEP.

Sleep deficits not only zap concentration but can raise the risk of developing health conditions over time.

HEALTH CONDITIONS LINKED TO A LACK OF SLEEP

Adults who sleep fewer than 7 hours each night are more likely to report health problems, including heart attack, asthma, and depression.

Lack of sleep contributes to these heart disease risk factors:

TYPE 2 DIABETES

Some studies show that adequate quality sleep may help with blood sugar control.

HIGH BLOOD PRESSURE

Because blood pressure decreases during normal sleep, sleep issues cause blood pressure to be elevated for longer.

OBESITY

Lack of sleep may affect the part of the brain that controls hunger and is associated with weight gain.



Habits and Sleep Hygiene

Diet and physical activity behaviors can affect sleep quality.

HELPFUL STRATEGIES INCLUDE:



Not consuming large meals or alcohol before bedtime.



Eliminating caffeine in the afternoon and evening.



Being physically active and eating a healthy diet.

SCIENCE SAYS:

Avocados Improve Diet Quality & May Support Better Sleep

In a clinical trial¹ among American adults with obesity, those eating one avocado per day had better sleep health compared to those eating less than two avocados per month over a six-month timeframe. Sleep was one of eight factors measured as part of the American Heart Association's Life's Essentials (LE8) score. While the total LE8 score overall did not change, diet quality, LDL cholesterol, and total cholesterol levels improved, in addition to sleep quality, in the group who ate one avocado per day.

Although more research is needed to generalize these results to all populations, these are encouraging findings on the role avocados may play in sleep health. The Avocado Nutrition Center supported this study.



Reference:

1. Damani JJ, et al. Effect of Daily Avocado Intake on Cardiovascular Health Assessed by Life's Essential 8: An Ancillary Study of HAT, a Randomized Controlled Trial. doi: 10.1161/JAHA.124.039130

Savor the Goodness:

AVOCADO RECIPE INSPIRATION

Try these delicious meals with avocados to nourish your body and support better sleep!



Salmon Salad with Avocado
Refreshing simplicity and nutrient-packed goodness.



Avocado Cilantro Lime Rice with Crunchy Chickpeas
A spin on classic beans and rice.



Cheesy Avocado Flatbread with Mushrooms
This flatbread is sure to impress.



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