



Research Shows That Consuming Avocados May Improve Sleep

Sleep plays a vital role in overall health and wellbeing, influencing multiple body systems.

During sleep, the body supports healthy brain function, restores physical health, and regulates key biological processes. In children and teens, adequate sleep also helps support growth and development.

For adults, the recommended amount of sleep is at least seven hours each night.

However, sleep deficiency and untreated sleep disorders are associated with a growing number of health problems, including:

- ✓ Heart disease
- ✓ High blood pressure
- ✓ Stroke
- ✓ Diabetes
- ✓ Obesity
- ✓ Certain cancers
- ✓ Inadequate or poor sleep can also negatively affect metabolism, attention, learning, and memory.



Clinical Study Evaluates the Impact of Eating Avocado on Sleep

A six-month randomized controlled study¹ conducted among 969 American adults with abdominal obesity investigated the impact of avocado supplementation on cardiovascular health. Participants in the intervention group were provided one avocado per day, while those in the control group were instructed to limit their intake of avocados to less than two per month while maintaining their habitual diet.

Cardiovascular risk factors were assessed and used to calculate a modified American Heart Association's Life's Essential 8 (LE8) composite score and component scores (diet, physical activity, nicotine exposure, sleep health, body mass index, blood lipids, blood glucose, and blood pressure).

While the composite LE8 score did not change, **avocado consumption improved the component scores for sleep** (3.53 points), **diet** (3.53 points), and **blood lipids** (3.46 points) **compared to adults in the control group**.

Strengths of the study include the study design, which reduces bias, and the large and varied sample of participants recruited from four clinical sites throughout the United States, which enhances generalizability. In addition, participants reported high adherence, with at least 88% of participants in the intervention group reporting avocado intake and over 92% of participants in the control group reporting low or no consumption of avocados during the study.



The Avocado Nutrition Center supported this research, adding to a growing body of evidence showing that avocado intake is associated with improved clinical markers and lifestyle factors that can reduce cardiovascular disease risk. However, the findings are limited and cannot be applied to all audiences.

Reference:

1. Damani JJ, Kris-Etherton PM, Lichtenstein AH, 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. *J Am Heart Assoc.* Mar 2025;14(5):e039130. doi: 10.1161/JAHA.124.039130
2. National Heart Lung and Blood Institute. [Sleep Health](#). Bethesda, MD: U.S. Department of Health and Human Services. Accessed March 5, 2025.
3. Centers for Disease Control and Prevention. [FastStates: Sleep in Adults](#). Atlanta, GA: U.S. Department of Health and Human Services. Accessed March 5, 2025.

The Science on Sleep: What It Means for American Adults

Over one-third of American adults report not getting sufficient sleep², and 50 to 70 million Americans have sleep disorders.³ Maintaining a healthy diet is one way to improve sleep.

The study demonstrated that eating avocado improved diet quality and sleep health.

The American Heart Association recommends eating various nutritious foods from all food groups. ***Avocados are a healthy, nutrient-dense food that can help boost fruit intake, improve diet quality, and benefit heart health.***



ENJOY AVOCADO IN MANY WAYS

Avocados can fit into a variety of healthy eating patterns. Share these recipes with your patients to support healthy eating.



Cobb Salad with Avocado Dijon Dressing

A showstopper salad full of color and crunch



Avocado Parfait with Vegan Dulce de Leche

A twist on a classic milk caramel treat



Stuffed Peppers with Avocado Crema

A veggie-packed dish with a flavorful and creamy topping

Find more meal and snack ideas at www.LoveOneToday.com/recipes