



68 Sleeping Disorder Meal Recipes to Solve Your Problems: Using Proper Dieting and Smart Nutrition to Sleep Better Again Without Using Pills

Joe Correa

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By Joe Correa CSN

If you notice any of the following symptoms, then you probably have some sort of sleep disorder:

- have trouble sleeping at night
- waking up with a feeling of fatigue after seven or eight hours of sleep
- spontaneously falling asleep during meetings and social events
- the unpleasant feeling of crawling and tingling in the feet followed by an irresistible urge to move your legs
- very loud snoring and restless sleep

About 60% of people in the world sleep between six and eight hours a day, 36% sleep more than eight hours a day, while less than 4% sleep less than six hours. Both, men and women have the same need for sleep.

Unfortunately, our modern lifestyle is fast which means a lot of people have little or no time for sleeping. Combined with unhealthy eating habits and stress, this can become a serious problem. If you wake up tired and are sleep deprived, this could be the first indication of having a sleeping disorder. It is important to understand that the sleepiness and heaviness in the legs and eyelids that extends all day long is not healthy.

During certain phases of sleep, our body releases hormones that help regulate the metabolism and other factors that are affecting our health. Changing the structure of sleep can lead to fatigue and sleepiness, and even increase the risk of a whole range of serious medical conditions.

Eating a lot of processed and unhealthy foods is not good for your sleep. When you add work stress, a busy life, tight deadlines, and other modern lifestyle problems, your body simply can't handle it all.

This book will give you a wonderful collection of recipes with ingredients that are proven to help with sleep disorders. The main focus is on legumes. They are a perfect substitute for animal protein which can cause these symptoms. You will also find plenty of recipes with almonds, honey, cherries, fish, flaxseed, bananas, yogurt, oatmeal, potatoes, and eggs. All of these foods are your best ally to have a good night sleep.

This book will also give you a lot of options for preparing these meals, from quick breakfast options, super

healthy stews for lunch and dinner, healthy fresh vegetable salads, to lean omega-3 fatty acids rich seafood and fish.

Try out these recipes and see how some small changes in your diet can help to get rid of those tiring sleeping problems.

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