

Using Nutrition Based Therapy for Improving Sleep Quality

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Sleep deprivation, stress, poor quality sleep, etc are the rising problems of the today generation. Most of the time these problems are treated with the help of anti depressants, anti anxiety medicines like alprazolam, etc. Instead on to going for drug related therapies we here by focus on to hormones by means of food nutrition science and increase levels of hormones such as Tryptophan that can help for good sleep and boost the quality of sleep. For the above we made a case study and tracked sleep cycles with fitbit device supplementing it with Cashewnut food to see improvements sleep quality. We used carbohydrate with tryptophan to greater uptake of tryptophan across the blood-brain barrier into the cerebrospinal fluid. We found good improvements.

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