



What to eat to help you sleep

A good night's sleep means waking up feeling refreshed, revived and ready to start the day with a spring in your step.

Nutrition has an important role to play in resetting the sleep-wake cycle, Vital Nutrition's **Sleep Well** workshop focuses on how you can eat your way to a better night's sleep!

You will discover:

- What to eat to help get a good night's sleep
- Why the time you eat matters
- Sleepy Suppertimes – meal & snack ideas to help you nod off
- Energy solutions for nights of broken sleep

Get in touch

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