

FOODS THAT YOU NEED TO AVOID BEFORE BEDTIME



COFFEE

It's best to avoid for several hours before going to bed. Caffeine can remain in your system for hours. It can reduce the quantity and quality of your sleep.

SODA

Full of sugar, which leaves you wide awake and will cause restless sleep



SPICY FOOD

Can irritate your stomach and cause heartburn. It will be harder to fall asleep or stay a sleep.



BURGER

Will cause your digestive tract working hard, which can be disruptive if you're trying to get sleep.

