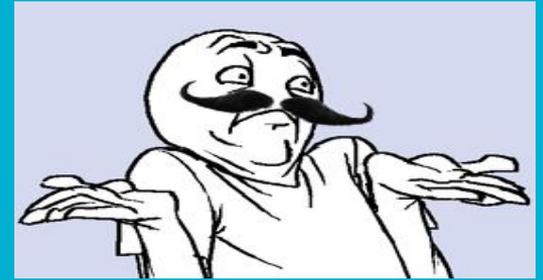


How does food before bed affect you sleep



Eating before bed



First dinner, then dessert, and perhaps even another snack. Before we know it, it's bedtime and our stomachs are full.

Some argue that eating before bed can help you go to sleep, while others say it leads to weight gain. So, is eating before you sleep bad, or good?

The answer is that it depends on the type of person. So, for some it is not wise to eat before sleeping and for some other people it can actually benefit them.



Benefits of eating before bed

Having a satisfied belly will help you to fall and stay asleep because some people's body uses energy while their sleeping so a bedtime snack will give you that little bit of energy that your body needs

For some people trying to sleep on an empty stomach affects their sleep in negative ways because their body is hungry and that is keeping them awake

Eating before bed for some people benefits them because the snack they eat before hitting the hay gives them nutrients for their body and having those nutrients helps their body fall asleep

Disadvantages of eating before bed

Eating before bed can cause weight gain because an extra meal leads to more calories which goes straight into fat

If you eat before bed it may lead to unhealthy habits that can promote weight gain because your body might not need another meal or snack

Some people find it hard to sleep after a meal or snack because while they are trying to sleep their body is trying to digest that snack or meal that they just ate

Conclusion

So, there's really no answer to if eating before bed is bad or good, for some people it is good for them and for others, it causes them to lose sleep