HOW ARE SLEEP AND MICROBIOME CONNECTED?

Taking special care of your gut health can have great effects on the quality of your sleep. This is true even if you are going through a stressful period which would normally disrupt your sleep length and quality.

HOW CAN I IMPROVE MY GUT MICROBIOME?

Elderly get better sleep with better microbial composition. Better sleep showed an increase in Verrucomicrobia strain which is believed to be linked with better cognitive function.

Study authors hope that improving gut microbiome could lead to a new way of cognitive decline treatment in older adults.

INSOMNIA, DEPRESSION AND GUT MICROBIOME

Insomnia and depression often come together. When we don’t sleep well, we may become more susceptible to stress, anxiety, bad mood, and pessimism.

90% of serotonin is produced by our gut microbes. They also produce GABA which relaxes us by inhibiting stress. Low levels of GABA mean more stress and less chance to fall asleep.

People with insomnia and depression usually don’t have the right balance of microbes or their microbes don’t work properly.

HOW CAN I IMPROVE MY GUT MICROBIOME?

You can help your gut by sleeping well, eating healthy and exercising. If you have poor sleep habits, you should change them. The first step is to recognize what you are doing wrong and substitute it with good sleep practices.

FOODS THAT ARE GOOD FOR YOUR MICROBIOME INCLUDE:

- **Unprocessed Food**: Unprocessed food contains more nutrients and fiber, which is excellent for gut microbes.
- **Fiber**
  - Broccoli, artichoke, wholegrain, bananas are just a few fiber-rich foods.
- **Eat All the Fruit and Vegetables**: Good bacteria love various plants and herbs.
- **Fermented Dairy – Yogurt and Kefir**: These are very rich in probiotic cultures and are very helpful with supplementing your gut with more of the friendly bacteria.
- **Kimchi**: Kimchi is another excellent source of bacteria. You can have it with any meal.
- **Supplements** – prebiotics and probiotics. Prebiotics are generally food for good bacteria (probiotics). If you are taking antibiotics, it is advisable to take both probiotics and prebiotics. This is because antibiotics don’t only kill the bad bacteria in the body, they also kill the extremely important gut bacteria.