

### **Abstract title:**

A Study on the Bidirectional Impact of Sleep and Diet: A Narrative Review.

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### **Background:**

Specific food habits may have an impact on both nocturnal sleep as well as alertness during the day. One of the most important lifestyle factors that enhances overall health is sleep. It has been noted that eating habits and the amount of specific foods consumed have a big impact on sleep cycles and sleep quality.

### **Objective:**

This study expresses the existing relationship of reciprocity between dietary consumption and sleep quality and has analysed the relationship between food intake and sleep pattern.

### **Observations:**

An article by Desak Ketut Indrasari Utami and colleagues on 'Effect of Food Intake on Sleep: Mechanisms and Recommendations' has shown that sleep quality and duration has been negatively affected by nutritional deficiency particularly with regard to key nutrients like high fibre, low sugar carbohydrate, magnesium, calcium, vitamin D, vitamin C, B vitamins, and omega-3 fatty acids, tryptophan. On the other hand, insufficient sleep has a detrimental effect on dietary choices resulting in frequent cravings for high calorie, low nutrient meals leading to bad eating habits. This study has highlighted the food recommendation that can be made to help improve sleep quality and sleep wellness.

### **Conclusion:**

Nutrition and Dietary patterns are one of the important lifestyle factors that influences the sleep pattern and its quality. Selection of food ingredients is crucial as it has an impact on our sleeping habits and even sleeping patterns also influences our dietary choices indicating a reciprocal relationship between sleep and diet.