

5 Foods to Avoid Before Bed

What we eat and when we eat it can really impact our ability to sleep. Checkout "How to Eat Your Way to Sleep" at: <https://getmosleep.com/how-to-eat-to-sleep/>



☐ 1. Caffeine

☐ 2. Fatty foods

☐ 3. Spicy foods

☐ 4. Grapefruit

☐ 5. Alcohol
