

# What Diet Helps With Sleep Apnea?

A new study published in ERJ Open Research today (Wednesday) revealed that individuals who have a balanced diet that includes vegetables, fruits, whole grains, and nuts as their sources of food have a lower risk of developing OSA (obstructive sleep apnea). However, an unhealthy plant-based diet without the knowledge of [sleep dentists near me](#), with overconsumption of refined carbohydrates, flavored sugary beverages, and foods rich in sugar and salt, is probable to develop OSA. To know more about the same, continue reading the article.

## Which are the foods that you need to avoid?

A **sleep apnea dentist near me** suggests that reducing certain effects of sleep apnea may be made easier with the inclusion of the following six foods in your diet through their ability to battle inflammation or improve your sleeping pattern. Thus, more studies are required to evaluate their impact on sleep apnea itself, despite the fact that some positive outcomes have been observed.



**Fruits and vegetables:** the ones with antioxidant properties, such as vitamins C and E, can be of great benefit. In general, antioxidants will help enhance the quality of sleep and thus curb inflammation and oxidation that are known to cause heart disease and diabetes. Fruits and vegetables are also rich in fiber, and this would help one to gain fullness and thus aid in the loss of weight.

**Whole grains:** Carbohydrates present in whole grains are particularly nutritious and have very high fiber content, which can make you feel full and facilitate weight loss. Many whole-grain foods are enriched with folic acid, which can have some preventative energy towards **sleep apnea Houston TX**.

**Seafood:** Salmon and sardines should also be taken since they are sources of omega-3 fatty acids and vitamin D; insufficient vitamin D is linked to sleep apnea. Before visiting the **sleep apnea dentists near me**, try this food to make your health better.

**Soy:** Tofu, edamame, and soy milk are some of the foods containing isoflavones, compounds located in soy products. These compounds are believed to have the ability to enhance the duration and the quality of sleep, as advised by a [sleep dentist near me](#). However, more research has to be conducted to establish if the same impact is experienced by patients with sleep apnea.

**Eggs:** Choline is a nutrient that your brain needs, and eggs are a source of this nutrient. Although scientific evidence cannot designate eating eggs reduces sleep apnea, certain foods that contain choline are beneficial to the brain. Since sleep apnea interferes with the ability to sleep well and can, therefore, impair cognitive abilities, eggs should be tried to reverse the impacts of sleep apnea.

**Walnuts:** These are usually associated with improving the health of the brain and possibly have an anti-inflammatory effect. They are also packed with antioxidants and have melatonin, a hormone that regulates sleep.

## What to avoid for sleep apnea condition?

**Avoid Dairy and High-Fat Foods:** Intake of some foods, such as dairy foods, and foods that are high in fats, such as whole milk and fatty cheese, can cause or worsen the formation of mucus, hence making it difficult for you to breathe while sleeping.



**Limit Alcohol and Sugary Drinks:** While alcohol makes it easier to get to sleep, it reduces the quality of sleep that a person gets. Another product that is a big no-no for those who have sleeping disorders or those who wish to improve their quality of sleep are drinks that contain soda or products with caffeine and/or sugar.

**Incorporate Fruits and Vegetables:** Fruits and vegetables comprise very few calories and fats and are high in vitamins C and E, which may help your insomnia and breathing.

## In Conclusion

This article has stated how you can make your health better with the help of the right diet and good sleep. It is also advised to try taking Omega-3 fatty acid-rich foods, such as salmon and mackerel, which can enhance your body's melatonin production, which will enhance your sleep and lower your chance of heart disease.