Energy

The quality of nutrition affects our overall energy levels. In addition, many additional lifestyle factors can influence how energized one feels, including sleep and exercise.

The confusion about sugar and carbs has led many to walk away from the very foods that provide the energy our bodies need. Due to this confusion, people often cut oats from their diets because they are trying to reduce carbohydrate intake, not realizing that oats are a whole grain and a source of complex carbohydrates with nutritional benefits. As dietitians there is an opportunity to educate about the benefits of whole grain oats and energy, specifically: the the soluble fiber in oatmeal may help slow digestion, and the release of glucose into the blood stream, providing a slower supply of energy.

Another important factor to feeling energized and rested is getting an adequate and consistent amount of sleep. Changes in sleep patterns are normal; see below the certain factors that can help enable a good night’s rest.

Watch What You Eat

Avoid eating large meals and spicy, fried, or fatty foods that might upset your stomach before bed. Also, avoid alcohol and stimulants like caffeine before bed.

Create a Sleep Sanctuary

Room darkening shades help block outside light. A white noise machine can help block sounds that might interrupt sleep. Utilize calming scents, like lavender, in your sleeping area to create a calming environment.

Get Comfy

A comfortable mattress and pillows are the foundation of good sleep. Some people may need to replace their mattress more often because their body needs a better foundation for sleep. Aim for a room temperature of around 65 degrees.

Finally, not only is exercise good for the body, but it can also help you feel more energized. In addition, regular physical activity is associated with significant improvements in overall psychological well being.