Reasons for this study

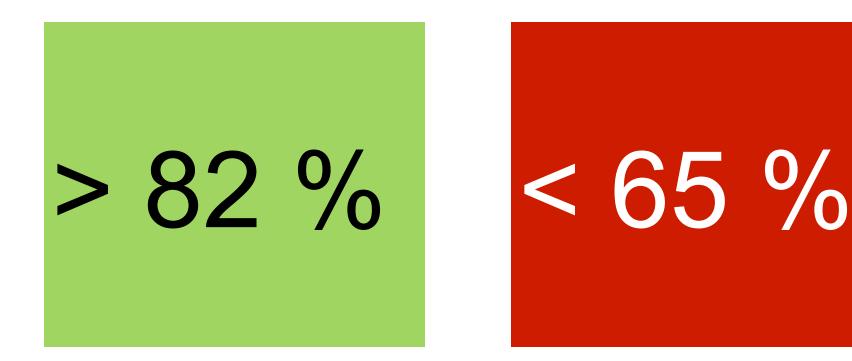**Urgently trying to resolve sleeping problems**

- Being super tired all day
- Couldn't focus on my job and
- Made me feel running low on energy
- A lot of people can do without sleep. I CAN NOT.
- I don't drink coffee
- ➤ *What kind of food helps me to sleep better?*

Tracking App and Device

Levels of sleep quality according to Sleep Cycle

> 82 %

< 65 %
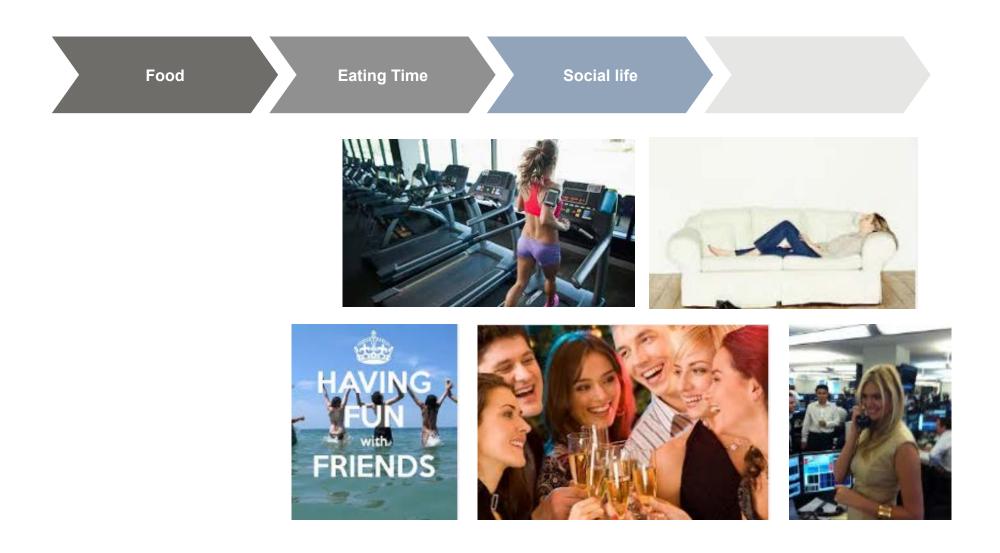
Self experiment

Time
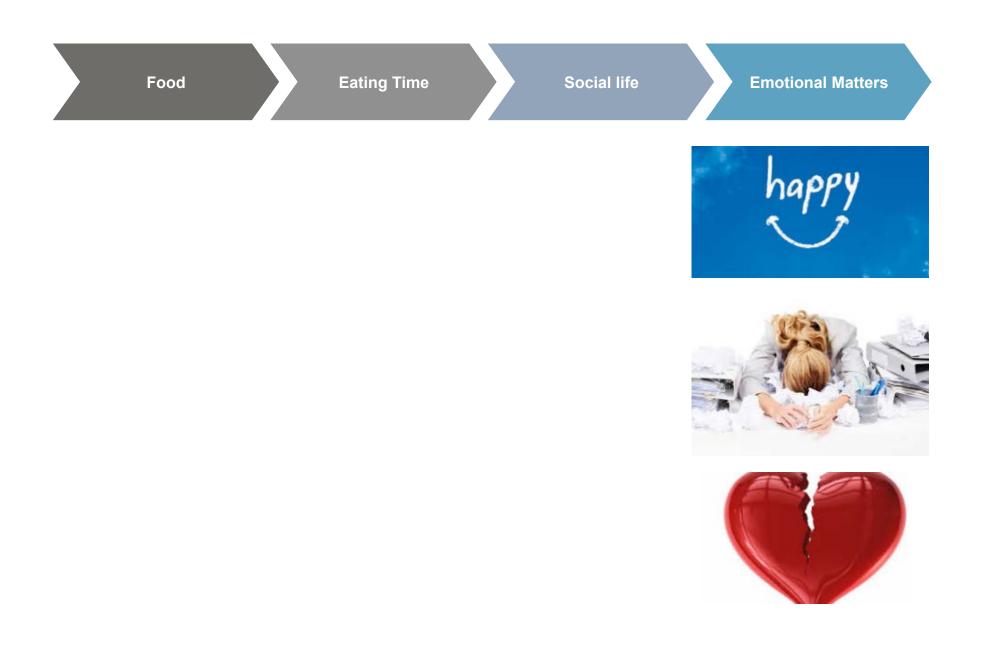
- 12 months

Parameters

- Going to bed every day around the same time

- Eating 'normal' amounts of food

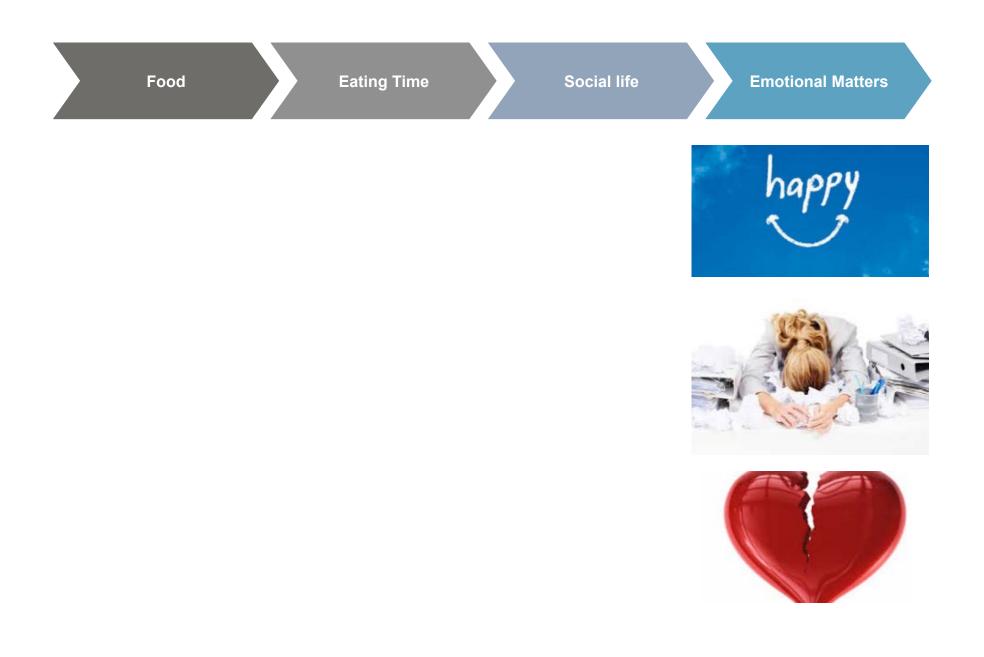- Tracking 4 categories of variables every night in the Sleep Cycle app

Measurements: Category 1

Food

Measurements: Category 2

Food	Eating Times		

Measurements: Category 3

| Food | Eating Time | Social life | |

Measurements: Category 4

Food	Eating Time	Social life	Emotional Matters

Measurements: Category 4

Food	Eating Time	Social life	Emotional Matters

Measurements Overview

Food	Eating Time	Social life	Emotional Matters
Clean & lean	Normal	Working out	Happy
Carbs	Eating late	Relaxing at home	Stressful day at work
Sweets		Party	Emotional conflict
Vegetables		Fun with friends	
Dinner cancelling		Working late	
Alcohol			
Lots of water			

Positive impact on sleep quality (82 - 100%)

Eat light	Eat regular	Be active	Be content

Negative impact on sleep quality (37 - 65%)

| Meat & Alcohol | Eating late | Too much party | Emotional Matters |

Weighting of factors that influenced sleep quality negatively

Surprising outcome: Food had not the most severe impact

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