

HEALTH

Key to Better Sleep: Cherry Juice

NewsUSA

(NU) - Many busy adults in the United States ignore or downplay sleep problems because they underestimate the importance of quality sleep for overall health.

Travel with time changes can be especially disruptive to sleep, as can daylight savings time, according to Randy Bird, a nutritionist at the University of Virginia.

One tasty and effective way to improve sleep quality: tart cherries.

Cherries contain melatonin, the hormone that regulates the sleep cycle. Consuming cherries or tart cherry juice can contribute to healthy sleep quality that includes adequate sleep duration and minimal disturbances, Bird says. In a study conducted by Louisiana State University, participants who consumed 4 ounces of tart cherry juice one hour prior to bedtime increased nightly sleep by an average of 84 minutes.

Cheribundi tart cherry juices feature a blend of Montmorency and Morello (tart) cherries. The juices are created by a process designed to retain a high level of antioxidants, so the products not only improve sleep, but also help reduce muscle soreness and boost immunity.

Visit Cheribundi.com for more information about how tart cherries can improve sleep and health.