Here's How Eating Kiwi Impacts Your Sleep

You might recognize them hanging off your frozen Daiquiri or tagging along as the strawberry's trusty sidekick. But don't go bananas just yet — we're talking about the kiwi, and we're about to promote this little fuzzy fruit into a sleepy time starring role.

As it turns out, the nutrients and beneficial properties found in kiwis make them a potential superfood for sleep. From serotonin to melatonin, the kiwi is making a play to be your next best bedtime buddy.

Study Suggests Kiwi Makes a Promising Nightcap

A study from Taipei Medical University links kiwi to significant sleep enhancements. According to the research, consuming two kiwis one hour before bedtime helps folks fall asleep faster, stay asleep longer, and wake up less during the night.

The study followed 24 volunteers — 22 women and two men aged between 20 and 55 — over four weeks. Participants experienced various sleep disruptions, and the results were remarkable. On average, people found it easier to drift off into dreamland, with sleep onset latency decreasing by an impressive 35.4%.

Waking time after sleep onset dropped by 28.9%, while total sleep time increased by 13.4%. All told, sleep efficiency rose 5.41%, suggesting that integrating this fruit into daily routines may contribute to a more restful night.

How Kiwi Trains Your Brain for Better Sleep

Kiwi packs a rich composition of antioxidants and serotonin within its fuzzy little shell. It's a potent blend that helps stabilize your mood and improve the quality of your sleep.

Antioxidants help combat oxidative stress in the body, a condition that can negatively impact sleep quality. Numerous studies link low antioxidant levels to poor sleep. So it stands to reason that foods high in antioxidants, like our friend the kiwi, could reverse those effects and improve sleep patterns.

Serotonin is a monoamine neurotransmitter that also acts as a hormone. It regulates various physiological processes, including mood, appetite, and, most importantly, sleep. Research shows that serotonin helps initiate sleep onset, maintain sleep during the night, and regulate movement through different sleep stages.

Here's the cherry on top. Maintaining adequate serotonin levels also improves melatonin production, rounding out the one-two punch of sleep regulation that knocks insomnia down for the count. The presence of serotonin in kiwis may explain its positive impact on sleep, making it a viable option for all of us looking for a little extra help to shut down for the night.