

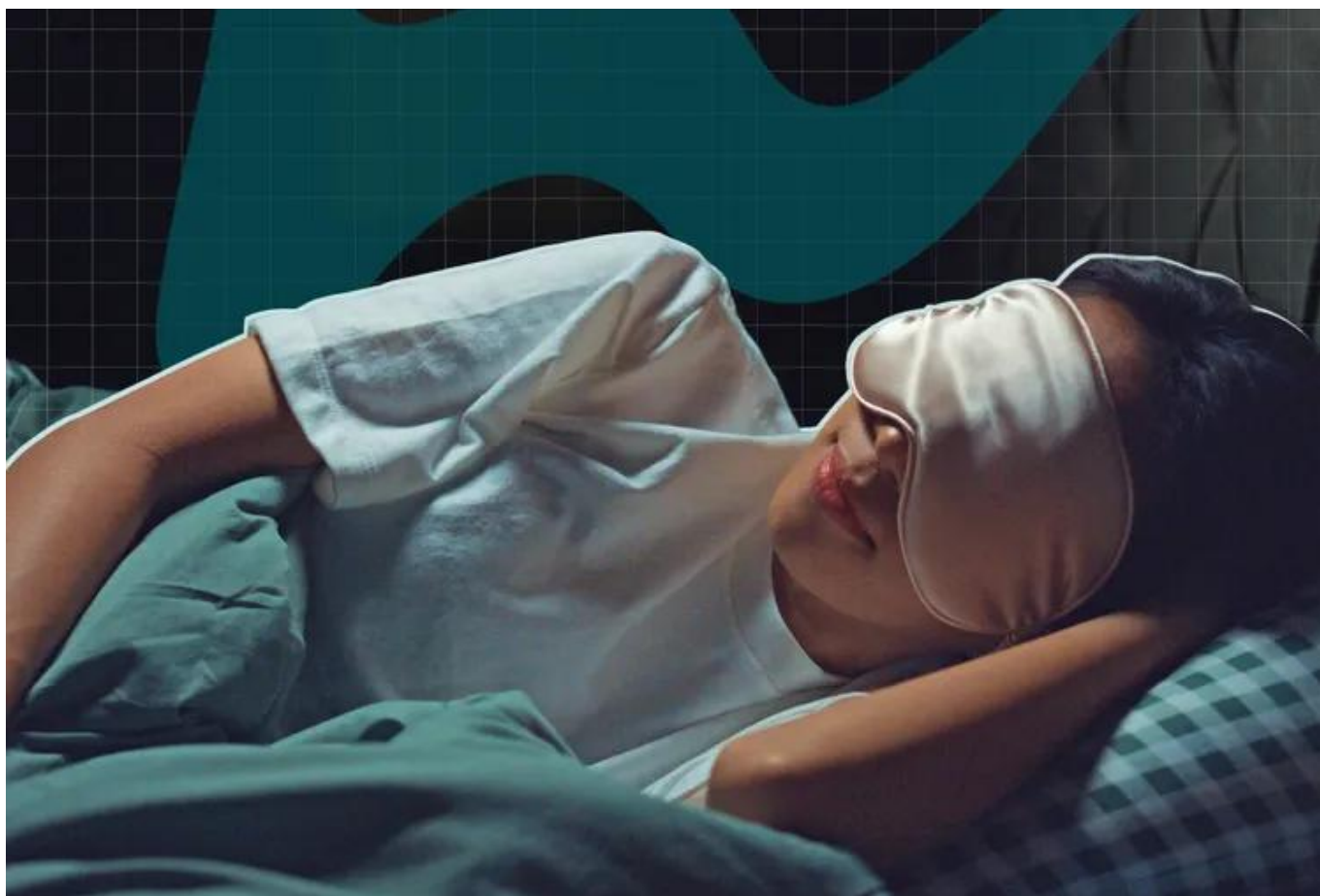
Cherry juice was called the best evening drink for sleeping

Sour cherry juice can really be salvation at insomnia. According to Samantha Devito, a master of science and a certified nutritionist, he contains melatonin and tryptophan. These substances regulate the cycles of sleep and wakefulness, improve the quality of sleep.

Here are a few reasons why cherry juice is considered the best drink for a strong sleep.

Source of melatonin. Cherry naturally contains melatonin, which is responsible for the cycles of sleep and wakefulness. Therefore, the use of sour cherry juice helps to increase the level of melatonin, which will improve falling asleep.

Contains a tripophane. This is an indispensable amino acid that plays the main role in the development of melatonin. This was said by Claudia Salinas, a master of science, a registered nutritionist, an expert on drugs.



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A lot of antioxidants. From cherry juice you will get anthocyani. These substances can

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contribute to deeper and more calm sleep.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.