

# Sleep Good. Feel Good.



**New clinical research shows that a handful of walnuts with dinner may naturally support better sleep—while nourishing heart, brain, and body for overall health.<sup>1</sup>**

A recent randomized crossover study in 76 healthy young adults ages 20-28 (85% female), found that eating about 40 grams of walnuts a day (roughly a handful) for four weeks improved sleep quality, reduced daytime sleepiness and even boosted levels of melatonin, the hormone that helps regulate our body's sleep-wake cycle.

Along with identifying the potential role walnuts play in supporting sleep, the study revealed other notable insights:<sup>1</sup>

- 1 Walnuts naturally boost melatonin:** Researchers found higher evening levels of 6-sulfatoxymelatonin, a metabolite of melatonin, in participants who consumed walnuts. This points to walnuts' potential role in helping the body regulate circadian rhythms.
- 2 Sleep quality that lasts into the day:** Beyond nighttime benefits, participants reported improved overall sleep quality and less daytime sleepiness, suggesting that walnuts may help people feel more rested and alert.
- 3 A powerhouse of synergistic nutrients:** Walnuts offer a unique combination of sleep-supportive nutrients such as tryptophan (84.6 mg)—a precursor to melatonin, plant-based melatonin (118 mg), magnesium (63 mg), B vitamins (0.57 mg and 0.54 mg respectively of vitamin B5 and vitamin B6). Researchers speculate that together, they may deliver a unique, food-based approach that possibly supports healthy rest.

Explore more feel good  
science and recipes at  
**walnuts.org.**



## Walnut Pear and Avocado Bowl



## Walnut Chocolate Bliss Balls



### Sleep-Smart Tip

A handful of walnuts (about 40 g) provides melatonin and tryptophan—nutrients linked to better sleep.

### Add a Handful

Sprinkle chopped walnuts over oatmeal, salads, or roasted vegetables for a boost of texture, flavor, and nutrition. Blend walnuts into smoothies, stir them into yogurt, or use them as a crust for chicken or fish for an easy upgrade to everyday meals.