



SWEET DREAMS

Cherries support better sleep by providing natural melatonin and anti-inflammatory compounds that help regulate circadian rhythm, promote deeper rest, and support overnight recovery.

 **HEALTHY BY NATURE.
POWERED BY CHERRIES.**

HOW SWEET CHERRIES SUPPORT SLEEP

Sweet cherries naturally support better sleep. Studies show that eating cherries can help increase melatonin levels, helping you fall asleep faster and enjoy more restful, restorative sleep.



Natural Source of Melatonin

Sweet cherries contain melatonin, the hormone that helps regulate your sleep-wake cycle.

Why it matters:

- Melatonin helps signal to your body that it's time to sleep, supporting:
 - Easier sleep onset
 - More consistent circadian rhythm
 - Improved overall sleep quality

This can be especially helpful as natural melatonin production declines with age.

Support for Circadian Rhythm Regulation

Beyond melatonin, cherry polyphenols may help support the body's internal clock.

Sleep impact:

- More regular sleep timing
- Fewer middle-of-the-night disruptions
- Better alignment between daytime alertness and nighttime rest

Reduced Inflammation That Disrupts Sleep

Low-grade inflammation can interfere with sleep depth and recovery.

Cherry antioxidants help:

- Lower inflammatory signaling
- Support deeper, more restorative sleep
- Improve how refreshed you feel in the morning

Exercise Recovery Leads to Better Sleep

By reducing muscle soreness and post-exercise inflammation, cherries may:

- Decrease nighttime discomfort
- Support faster physical recovery
- Make it easier to fall and stay asleep after active days

Blood Sugar Stability Overnight

Sweet cherries have a low glycemic index and contain fiber and polyphenols that help moderate glucose response.

Why this matters for sleep:

- Fewer nighttime blood sugar drops or spikes
- More stable energy overnight
- Less likelihood of waking at 2-4am from glucose fluctuations

Stress and Cortisol Modulation

Polyphenols in cherries may help blunt excessive stress responses.

Sleep benefit:

- Lower evening stress load
- Easier transition into a relaxed, sleep-ready state
- Support for deeper rest

BEST PRACTICES FOR SLEEP BENEFITS

Portion: ½-1 cup fresh or frozen

Timing: 1-2 hours before bed is ideal

Pair with: A small amount of protein or fat to support stable overnight blood sugar;
A calming evening routine (dim lights, reduced screens)

BOTTOM LINE

Sweet cherries are a sleep-supportive food, particularly for:

- Circadian rhythm balance
- Sleep depth and quality
- Overnight recovery
- Stress-related sleep disruption

DID YOU KNOW?

About one-third of adults get less than the recommended amount of sleep, which is linked to poorer overall health and metabolic stress that can affect cardiovascular and cognitive function.



Visit nwcherries.com/health for more sweet cherry health information and download the 2025 research whitepaper.