

# Eat better, sleep better, feel better with help from Doctor On Demand.

Good sleep and balanced nutrition are essential to your day-to-day well-being. When you're eating right and sleeping well, the risk of getting heart disease, diabetes, and other chronic conditions can decrease, while your energy levels and mental health can improve. Doctor On Demand® by Included Health can help with both better sleep and healthier eating.

## How does nutrition affect sleep?

Essential nutrients and vitamins are key to sleeping well. If you're deficient in B vitamins, which regulate sleep hormones, your sleep patterns will most likely be negatively impacted. Eating too many calories and gaining excessive weight can also lead to sleep disorders like sleep apnea and restless leg syndrome.

## How does sleep affect nutrition?

Not getting enough sleep can impact the hormones that regulate your appetite. People who are sleep deprived tend to stress eat, reaching for high-fat, sugary, or salty foods for comfort. There are also rare hybrid disorders, including binge eating while sleepwalking, known as nocturnal sleep-related eating disorder.



### Did you know?

**1/3** About one-third of adults report sleeping less than the recommended 7-9 hours per night.\*



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## What types of food negatively impact sleep?

Everyone feels the effects of what they eat differently, but there are foods that are linked to sleep problems, including simple carbohydrates, sugar, caffeine, alcohol, and spicy foods. Even eating too much red meat or poultry can affect your sleep because it takes longer for protein to digest.

## When should I use Doctor On Demand?

If you need help finding nutritional or sleep support for sleep apnea, sleep deprivation, insomnia, celiac disease, iron deficiency, and more, connect with us for support.

## How can Doctor On Demand help?

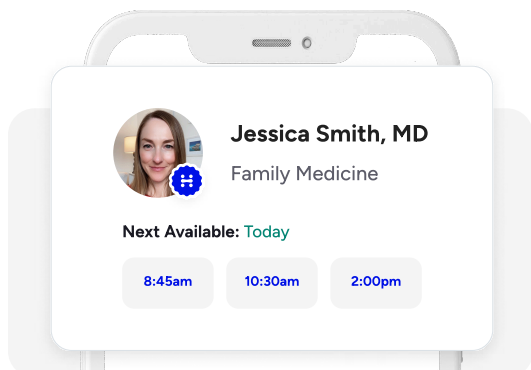
With Doctor On Demand, you can:

- See a doctor virtually for help with symptoms like fatigue, digestive issues, or sudden weight changes.
- Get advice and support on incorporating healthier eating, daily exercise, and better sleeping habits into your busy schedule.
- Get support from mental health professionals with setting goals and building healthy habits.



A very welcome resource in an otherwise inaccessible, complicated primary care system...  
The providers are readily available, competent, and friendly and offer a sense of comfort and confidence regarding one's illness."

—Member



\*Source: The American Heart Association



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