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## How do you say are you sleepy in spanish

You are feeling awfully sluggish at work, waiting for your lunch break. However, instead of getting a second wind after eating, you are even more tired. Why is that? Some foods actually leave you feeling more fatigued and less energized whether they are healthy not. In the case of work, you might want to avoid these food items. Do you ever notice after eating a big bowl of pasta you are craving a nap? Although carbohydrates initially give you a burst of energy, it is immediately followed by a plunge in levels of essential hormones. The spike in blood sugar paired with the almost instant drop leads to fatigue according to Dr. Pamela Peeke, M.D. Muffins, pastries, and white bread are also culprits as they have a high amount of flour and sugar. Potassium is a mineral that helps improve nerve function and heart health. However, bananas are not only rich in potassium, but they are also loaded with magnesium. Not only is magnesium an essential mineral the body needs, but it can also work as a sleep aid. In fact, Mark Hyman, M.D., the founder of UltraWellness Center claims magnesium is also known as the relaxation mineral. Even though red meat has iron, which gives you a boost of energy, it also has high levels of fat. This will make you feel weighed down according to Dr. Peeke because fat is difficult for your body to break down. In turn, other nutrients have to undergo an elaborate process, which means your body is using more energy for digestion. Not only is turkey loaded with carbohydrates, but it also is packed with the pre-cursor to serotonin – tryptophan. Tryptophan induces relaxation and supports sleep. After eating a big plate of turkey on Thanksgiving along with bread rolls, pumpkin pies, and cranberries, you are definitely going to need a nap. Rich in magnesium, almonds can help you achieve quality sleep. They are also known as a headache remedy for the same reason. The Journal of Orthomolecular Medicine published a study that discovered when your magnesium levels are lower than normal then it is harder to stay asleep at night. Try chewing some almonds in the evening, and you might get a full eight hours of rest. Another vitamin or mineral that affects your sleep cycle is calcium. After all, most babies doze off to a warm bottle of milk, right? The truth is any dairy products can actually help you sleep better thanks to the calcium. Therefore, milk, yogurt, and cheese alike might make you drowsy; the calcium helps your brain use the tryptophan found in certain foods like dairy products. Tryptophans help produce and manufacture more melatonin, which is a sleep-triggering component everyone has in their bodies. Did you know lettuce contains lactucarium, which affects your brain with sedative properties? Although eating a salad might do the trick, you can also try to brew lettuce in an effort to make a relaxing, bedtime drink. Stealth Health explains how you can simmer four large lettuce leaves in a cup of water for about 15 minutes before removing the mixture from the heat. All you have to do is toss in a couple of springs of mint for taste and sip on the beverage before bed. Like several other food items on this list, pretzels can make you sleepy. Like white rice and corn chips, pretzels have a high glycemic index. After consuming these salty treats, your blood sugar and insulin levels spike, which actually shortens the time it takes you to doze off at night. That is because the increases in insulin and blood sugar levels help tryptophan enter the brain. Typically, you should want your levels to rise steadily to avoid insulin resistance and mood swings. Not all types of fish will make you feel tired, but those that are rich in vitamin B6 might help. Tuna, halibut, and salmon are all excellent sources of the vitamin, which your body uses to make not only melatonin but also serotonin. These fish are healthy for several other reasons, too, including omega-3 fatty acids, but they can also make you sleepy. Did you know that raw garlic and pistachio nuts also contain high amounts of vitamin B6? Try those if you do not prefer fish. Eating rice, especially white rice, can help you fall asleep at night thanks to its high glycemic index. Jasmine rice can also help you get a little shut-eye. The American Journal of Clinical Nutrition published a study that revealed people who ate meals with jasmine rice as opposed to other kinds of rice fell asleep faster. According to researchers at the Universities of Pennsylvania and Rochester, drinking a glass of cherry juice before bed may help you fall asleep faster. If the cherries are particularly tart, it can work even better because they naturally boost your levels of melatonin. In the studies conducted, it helped improve symptoms of insomnia compared to a placebo beverage for some individuals. Although chomping on some crunchy cereal is a breakfast favorite, eating it can actually make you tired. According to the National Sleep Foundation, it is not only the carbohydrates from the grain that make you sleepy. The combination of calcium from the milk is a sure way to catch some zzz's. If you need to jumpstart your day, maybe you should skip the cereal and other breakfast items loaded with carbohydrates. Both chamomile tea and passionfruit tea can help you rest easy at night. Research suggests that when you drink chamomile tea, your body experiences an increase of glycine; this chemical is known to relax your muscles and nerves like a mild sedative might. Likewise, an Australian study discovered that drinking one cup of passionfruit tea about an hour before hitting the sack can help you sleep more soundly thanks to its abundance of Harman alkaloids. These chemicals also make your nervous system relaxed and tired. Remember how tryptophan enters your brain easier when your insulin and blood sugar levels are slightly raised? Well, honey is a natural sugar that does just that according to Dr. Oz nutritionist Lindsey Duncan. You can try a spoonful just before bed if you want to get a better night's sleep. Hummus and chickpeas can have the same effect. Why is it that so many people complain of sluggishness after lunch? What is it about this particular time of day that makes some of us so vulnerable to fatigue and sleepiness? Why is it so common to have trouble concentrating and paying attention during this period? It really has to do with a balancing act between our intrinsic biorhythms and our environment.As soon as we awaken, the pressure to fall asleep gradually develops in the form of a sedating neurochemical called adenosine. In fact, caffeine works in part by blocking the actions of adenosine. This buildup during the day is competing against the actions of our normal circadian alerting system that resides deep in the part of our brain called the suprachiasmatic nucleus. There is usually a balance between the two forces and we are alert. As the day progresses, adenosine levels peak and the alerting system tapers, resulting in sleepiness.However, there are some time warps in this nice balance. Most of us experience a dip in our alerting system between 2 - 4 p.m. Our body temperature drops slightly and this can set in motion feelings of sleepiness and fatigue. If we then add into the mix a prior night of poor quality or quantity of sleep, it becomes almost impossible to avoid feeling sluggish and drowsy.Diet also plays a large part in the equation. If we eat a lunch high in simple carbohydrates, we set into motion rapid rises in insulin levels. This can result in more of the amino acid tryptophan getting into the brain. Tryptophan is converted to serotonin and then melatonin, resulting in sleepiness.In addition, having a large meal can divert blood flow from the brain to the intestinal tract. It will also activate the parasympathetic nervous system and suppress the sympathetic (fight or flight) system. This can result in a feeling of low energy and result in a desire to sleep.So what can we do to counter this afternoon slump?We can take a short nap of 15 to 20 minutes. In Spain they call it Siesta.\*We can ensure that we get enough quality sleep at night.\*We can change our midday meal to a smaller one.\*We can add more protein and substitute complex carbohydrates for simple ones.\*We can get some exercise by taking a brisk 10 minute walk after lunch. Exercise can have a definite alerting effect on our minds and bodies. You just finished a big meal and the couch is calling to you—a post-dinner nap is just what you need.You just finished a big meal and the couch is calling to you—a post-dinner nap is just what you need. You might think your post-dinner food coma is from eating too much, but it could be what you ate that's making you sleepy. That's because some foods contain naturally occurring substances that bring on feelings of tiredness. While many know of Thanksgiving turkey being the most notorious culprit, here we settle the turkey myth and reveal which of your favorite foods could be sending you to bed a little quicker.ElkElk sandwich, anyone? You've heard that turkey makes you sleepy—and since it contains tryptophan, an essential amino acid that clinical nutritionist Stella Metsovas says helps make sleep promoters serotonin and melatonin, it could. But elk, with 746 milligrams, has significantly more tryptophan than the 407 milligrams found in the breast meat of turkey. This means you're much more likely to nod off after eating this game meat, especially with a side of carbohydrates. The carbs help the tryptophan reach the brain, where it helps boost serotonin levels, Elizabeth Somer, MA, RD, told WebMD.com.iStock/ThinkstockCherry Juice A glass of cherry juice could make you fall asleep faster, according to researchers from the Universities of Pennsylvania and Rochester. They found that cherries, particularly tart cherries, naturally boost levels of melatonin, the "body clock" hormone that sets your sleep-wake cycles. Cherry juice drinkers experienced some improvement in their insomnia symptoms compared to those who drank a placebo beverage, the study found.Next: More sleepy foods Photo Courtesy: LumiNola/Getty Images Do you have trouble waking up in the morning, or do you feel sleepy during the day — even if you've tried taking a nap? You might be among the 20% of Americans who deal with excessive sleepiness. Along with the obvious inability to stay awake and alert, symptoms often include appetite loss, memory issues, muddled thinking, anxiety and irritability. Sleepiness can also be severe enough to disrupt your normal activities and relationships, among other aspects of your life. It's one of the main reasons that people decide to visit sleep clinics and doctors. If you're experiencing excessive sleepiness and, if it's interfering with your life, it's important to talk with a knowledgeable medical professional. That's the best way to get to the bottom of what's causing it and come up with a treatment plan. Insomnia affects up to 30% of the U.S. population at one point or another. This common sleep disorder is marked by symptoms like having difficulty falling asleep, waking frequently during the night and waking too early without being able to fall back to sleep. There are two types of insomnia: short-term, which typically lasts for several days or weeks, and long-term, which can last for a month or longer. Photo Courtesy: Oleq Golovnev/EyeEm/Getty Images In addition to excessive sleepiness, insomnia can also cause increases in irritability, anxiety and depression. It can limit your ability to focus, cause memory problems and even increase your likelihood of making mistakes or getting into an accident. Narcolepsy is a condition that interferes with your brain's ability to control your normal sleep-wake cycles. As a result, you might feel rested when you first wake up and then feel excessively sleepy throughout the rest of the day. This disorder affects men and women equally, with symptoms typically beginning between the ages of 7 and 25, although it can happen at any stage in life. Photo Courtesy: FG Trade/Getty Images Symptoms of narcolepsy include excessive daytime sleepiness, loss of muscle control (cataplexy) and hallucinations — usually while falling asleep or when waking up. Sleep paralysis is another common symptom. This usually lasts from a few seconds to several minutes and is marked by an inability to talk or move when waking or falling asleep. Obstructive sleep apnea (OSA) goes far beyond loud snoring. When someone has OSA, their upper airway gets blocked during sleep, forcing the muscles in their chest and diaphragm to work harder. It's often marked by shallow breathing and periods of not breathing at all. If you have OSA, you might find yourself gasping or jerking in your sleep as you start breathing again. However, most people don't even know that it's happening. OSA typically causes poor sleep quality. It can also reduce the amount of oxygen getting to the rest of your body and affect the rhythm of your heart. Photo Courtesy: Marco VDM/Getty Images Symptoms include excessive sleepiness and fatigue, sore throat or dry mouth upon waking up, night sweats, restless sleeping, waking suddenly while gasping or choking, and snoring. OSA can also lead to a lower sex drive, memory issues and other health issues like high blood pressure. When you have restless legs syndrome (RLS), your sleep is disrupted by the feeling that you need to move your legs constantly. This happens because you experience a crawling, itching or tingling sensation in your feet and lower legs. It usually happens at nighttime, particularly when you're resting — seated or lying down. Moving provides relief from the sensations. Photo Courtesy: Peter Dazley/Getty Images RLS can also cause twitching in your legs at night while you're asleep. This condition can be disruptive to sleep and hamper your ability to get truly restful sleep. In time, this leads to excessive sleepiness and can start interfering with your ability to go about your normal activities during the day. There's a range of conditions affecting the brain that can cause excessive sleepiness. Many of these conditions don't just cause sleepiness, but they also interfere with sleep, leading to daytime fatigue. Common issues include concussions, Parkinson's disease and psychiatric conditions like depression or anxiety. Photo Courtesy: MR.Cole Photographer/Getty Images There are also medical conditions — such as gastrointestinal disorders, infections and asthma — that can impact your sleep. In many cases, excessive sleepiness doesn't seem like a symptom that would be tied to one of these conditions. This underscores the importance of seeing a doctor if you're feeling excessively tired. Sleepiness is a common side effect of many medications, both prescription and over-the-counter. Some of the medications that most frequently result in excessive sleepiness include antipsychotics, anticonvulsants, antidepressants, antihistamines, benzodiazepines and muscle relaxers. Taking these kinds of medications in addition to other substances like alcohol can increase their fatigue-inducing effects. Photo Courtesy: apomares/Getty Images Certain illegal drugs, including cocaine, keep you awake for a long time, leading to excessive sleepiness later after the drugs' initial effects have faded. Providing your doctor with a full list of all the medications and substances you use is an essential step in figuring out the root cause of any excessive sleepiness you're experiencing.

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