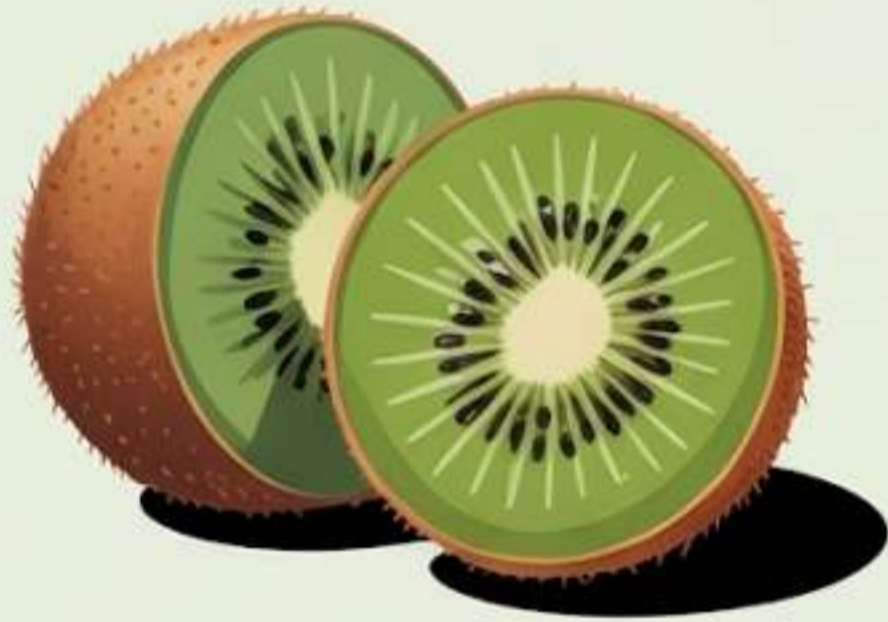


# 6 Best Foods for Sleep

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Kiwi



Corn Chips →

*Actually  
masa*



Bone Broth



*or collagen!*



Tart Cherries →

*dried*



Pumpkin Seeds



Grapes