

# Why Kiwi Is the Fruit That May Help Lower Cortisol and Boost Sleep

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## Low Glycemic Index + Steady Energy

Kiwi is relatively low on the glycaemic index. That means it causes a gentle, gradual rise in blood sugar rather than a sharp spike. Because of its high fiber content, the sugar is released slowly — helping maintain steadier levels rather than triggering stress responses. Rich in Sleep-Promoting Compounds

Kiwi contains **melatonin** and **serotonin**, natural compounds that support sleep onset and quality. It also carries vitamin C and K, which strengthen immunity and bone health — but in this context, they support overall bodily balance.

#### Cortisol and Stress Modulation

Some studies suggest kiwi can help lower cortisol, the so-called "stress hormone," thereby reducing feelings of tension and promoting relaxation.

In fact, a 2023 study cited in *Vogue* showed that athletes who ate two kiwis before bed experienced improved sleep measures compared to those who didn't.

#### **Health Benefits You Should Know**

- **Improved digestion**: Kiwi contains the enzyme **actinidin**, which helps break down proteins and supports digestion.
- Better nutrient absorption: The fruit aids in absorbing vitamins and minerals.
- Satiety & fiber: Its fiber helps you feel full and slows down digestion.
- Immune + bone support: Vitamins C and K contribute to immune defenses and bone metabolism.

## How to Eat Kiwi for Sleep Benefits

If you want to make the most of kiwi's potential benefits for cortisol and sleep, here are a few tips:

- 1. Eat 1 or 2 kiwis about 30-60 minutes before bed.
- 2. Prefer fresh kiwi over processed forms for maximum enzymatic and nutrient value.
- 3. If sweetness is a concern, opt for green kiwi (more tart, higher fiber) over the gold variety. Vogue India

- 4. Don't overdo it one or two is typically enough.
- 5. Pair kiwi with a small protein or healthy fat (like nuts or a little yogurt) to buffer any sugar effect.

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