

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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