



# WHY DO WE FEEL SLEEPY AFTER EATING?



After a delicious meal, feeling sleepy is completely normal!

Here's what happens in your body:



1

## BLOOD FLOW SHIFTS TO DIGESTION

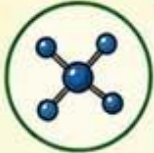
After eating, more blood flows to your stomach and intestines to help digest food. This reduces blood flow to the brain, making you feel tired.



2

## RISE IN SEROTONIN

Eating increases the production of serotonin, a feel-good hormone that promotes relaxation and makes you sleepy.



3

## CARBS INCREASE TRYPTOPHAN UPTAKE

Carbohydrates help tryptophan (an amino acid) enter the brain more easily. Tryptophan converts into serotonin, which then turns into melatonin – the sleep hormone.



4

## BODY USES ENERGY FOR DIGESTION

Your body uses a lot of energy to break down food. This natural process can leave you feeling low on energy and ready to rest.



5

## NATURAL BODY CLOCK

There's a natural dip in alertness in the afternoon (usually between 1 PM – 3 PM), and eating can intensify that sleepiness.



## GOOD TO KNOW

Feeling sleepy after a heavy or large meal is more common. Try eating lighter meals and staying hydrated to feel more energetic!

## THE SIMPLE PROCESS



You eat a meal



Digestion begins



Serotonin & Melatonin increase



You feel sleepy



Body asks for rest

★ **QUICK TIP:** A short walk after eating can help with digestion and reduce sleepiness!



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