

Michael Mosley says only one diet change could cure his insomnia

The doctor suffered with insomnia himself, and is now helping others

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Dr Michael Mosley speaks at the ICC Sydney (Photo by Brook Mitchell/Getty Images)

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Health expert Dr Michael Mosley has spoken about his chronic insomnia and how he tried to cure it with diet, finding there was only one change that really worked. The doctor and broadcaster has spoken to Australian channel **SBS** about how diet impacts the way you sleep.

According to the **NHS**, a third of people in the UK regularly suffer with insomnia - an inability to get to sleep or stay asleep. Dr Mosley is currently hosting a three-part series in Australia looking at the problem, called Australia's Sleep Revolution.

He has also recently released a new book explaining how to reset unhealthy sleep patterns in four weeks.

Dr Mosley has spoken about how he used diet to fix his own sleeping problem, adding: "Food and diet are very useful starting points. By improving your diet, you can improve your sleep."



He said: "Eating a fibre-rich diet seems to be a good way of improving the quality and depth of your sleep. There are also loads of studies, which have shown that people who eat a broadly Mediterranean-style diet and cut back on junk food tend to sleep better and get more deep sleep."

But Dr Mosley said the only thing that worked for him was losing weight. Reducing his weight cut down his snoring, and allowed him to fix his insomnia.

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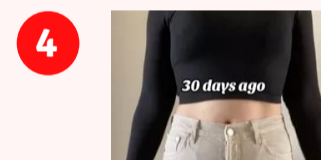
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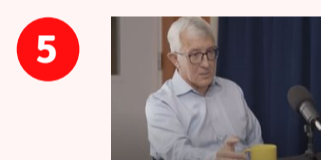
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