

## Tip #1

### Increase tryptophan rich foods

Tryptophan is an amino acid known for its role in promoting sleep. It serves as a building block for serotonin and melatonin—two key hormones that help regulate sleep in the brain.

Tryptophan is found in most protein-containing foods in small amounts, but is particularly abundant in **yogurt, milk, oats, bananas, dates, poultry, eggs, and peanuts.**



## Tip #2

### Drink dairy

Incorporating **dairy products** like milk into a balanced diet has been linked to better sleep quality across all age groups.

Research suggests that pairing tryptophan-rich foods with carbohydrates can enhance tryptophan's availability in the brain, making it more effective in supporting sleep!

This might be why malted milk or milk with honey are often suggested as sleep aids because the added carbohydrates can enhance tryptophan uptake.



## Tip #3

### Magnesium

Magnesium helps with sleep because it plays a key role in relaxing the nervous system and regulating melatonin, the hormone that controls sleep-wake cycles.

Melatonin can help to naturally lower the stress hormone cortisol which can help you drift off to sleep.

Magnesium can be found in foods such as **beans, leafy greens, almonds, brazil nuts, chia seeds, pumpkin seeds, yoghurt and even dark chocolate.**





## Tip #4

### Vitamin B6

Vitamin B6 is beneficial for sleep because it supports the production of serotonin and melatonin -hormones that regulate the sleep-wake cycle.

- ✓ Boosts melatonin production -by helping to convert tryptophan into melatonin, the sleep hormone.
- ✓ Supports serotonin levels - Serotonin improves mood and relaxation, preparing your body for sleep.

Vitamin B6 can be found in many foods such as **eggs, bananas, avocados, meat, fish, poultry, potatoes and soya beans.**



## Tip #5

### Meal timing

I would recommend consuming these foods a couple of hours before bedtime to allow your body time to digest the sleep promoting nutrients.

Eating too late can affect your sleep by causing gastrointestinal discomfort, heartburn, and reflux which may affect you falling asleep or affect that all important sleep quality.

