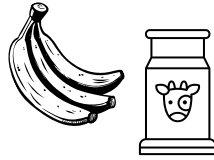


Food and Drink



Guide to food and drinks that can impact on sleep

About

It is really important to consider the food and drinks we consume in the day, particularly in the build up to bedtime.

Some food and drinks can make us feel more awake and can make it harder to settle to sleep. Other foods can help us feel more ready for sleep



Food and drinks that contain caffeine can make it harder for us to fall asleep as they act as a blocker between the neurotransmitters that help us to sleep and their receptors.

Sugary food can alert us, but also can have a negative impact on the quality of our sleep.

Tryptophan is an amino acid we get from some foods and this can help make us feel more sleepy.

Some children may find it difficult to settle to sleep or may wake up in the early morning if they are hungry.

Did you know?

It is a myth that cheese before bed will give you nightmares. In fact cheese is one of the more common foods that contain high levels of tryptophan, an amino acid that helps promote sleep.



Top Tip Toolbox

Having supper in the evening can mark the very beginning of the bedtime routine. This may be the point at which you turn electronics off such as phones and the TV, and reduce the household lighting.

Choose a supper that is rich in tryptophan, such as milk, banana, porridge, cheese, or chicken. Keeping fluids to a minimum for the hour before bed can help promote night-time continence when toilet training children.

Avoid foods that contain sugar and caffeine near bedtime, ideally avoiding caffeine 4-6 hours before bedtime. You may need to check labels as these ingredients can sometimes be hidden or unexpected.