



Reg Charity No: 1150585



Keep up to date  
on Facebook  
and Twitter

**Tel: 01302 751416**  
[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)

## Sleep & Diet

**What your child consumes during the day may have an impact on their ability to sleep at night.**

**Here are some interesting facts:**

Caffeine is a stimulant so best avoided in the run up to bedtime. It is not only present in tea and coffee but can also be found in hot chocolate and fizzy drinks.

Fruit and natural fruit juice contains sugar which can give children a rush of energy if consumed too close to bedtime.

Tryptophan is an essential amino acid that helps us to sleep and is naturally present in dairy products, turkey and oats. So it is true . . . warm milk can help you to sleep!

A light snack as part of the bedtime routine can be helpful. Eating a heavy meal before bed can make it difficult to get comfortable. A well planned supper time can be beneficial, particularly for younger children who may be having their last meal early.

Melatonin is the natural hormone that we produce when it gets dark and helps us to feel sleepy at night time. Some foods contain melatonin including bananas! The research around the amounts and its impact on sleep are still rather vague but bananas also contain magnesium which does help to relax muscles.

Cherry juice has been found to contain melatonin too and research suggests that consuming before bedtime can aid sleep.

Cereal can be a healthy supper time choice but check those sugar content levels.

