



working to ensure that children get a good night's sleep.....and so do their parents!

Sleep and Diet



It's true you are what you eat! What your child consumes during the day will have an impact on their ability to sleep at night.

Here are some interesting facts:

- ☛ Caffeine is a stimulant that can be present in not only tea and coffee but in hot chocolate and fizzy drinks, check the label!
- ☛ Natural fruit juice and fruit contains sugar that can give children a rush of energy if consumed around bedtime.
- ☛ Monosodium Glutamate can cause some people to have digestive issues and other reactions which may hinder sleep. It is often found in Chinese food, tinned vegetables, soups and preserved meats.
- ☛ Tryptophan is an essential amino acid that helps us to sleep and is naturally present in dairy products, turkey and oats. It's true, warm milk does help you to sleep!
- ☛ Cheese doesn't cause nightmares! It is a dairy product so a snack of crackers and cheese is actually beneficial to helping children to snooze.



☛ A light snack as part of the bedtime routine can be beneficial to aid sleep. Eating a heavy meal before bed can make it difficult to get comfortable.

☛ Melatonin helps us to feel sleepy at night, bananas contain melatonin. The research on whether this helps with sleep is still rather vague! Bananas do however contain magnesium which helps to relax muscles.

Keeping a food diary can be a good way of determining whether you think that what your child is consuming is having an impact on their mood and ability to sleep. Use the template below to get you started. You should always seek the advice of a medical practitioner before making significant changes to your child's diet.

Date	Time	Food/Drink	Impact on Mood/Sleep



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