



Mechi Nazar
Family & Sleep Coach

Food and sleep.

Popular sleep disruptors in children

- Caffeine
- Soda
- High-Sugar Foods
- Juices
- Ultra-Processed Foods
- Sports Drinks
- Chocolate / Cocoa

Evidence of Intake in the Morning vs. Night
(Harada, T., Hirotsani, M., Maeda, M., et al., 2020)

Children who consumed breakfasts low in tryptophan tended to have more sleep problems (difficulty falling asleep and waking up in the morning).

Outcomes of the study: Tryptophan induces the release of serotonin during the day and subsequently melatonin at night.

Foods rich in tryptophan:

- Chicken
- Turkey
- Egg (whites)
- Dairy / Cheese
- Fish
- Seeds (peanuts, pumpkin, sunflower, sesame, chia)
- Milk
- Tofu / Soy

Foods containing melatonin

(Peuhkuri K., Sihvola N., & Korpela R., 2012)

- Tomatoes
- Walnuts
- Cereals (rice, barley)
- Strawberries
- Olive Oil
- Raw Cow's Milk
- Nighttime Milk



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Does your family need help getting the
sleep you all deserve?

Just contact me!

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Trained and Certified by The Sleep Lady®