

Foods That Make You Go Zzzz

Thanksgiving is on its way and so is a great nap. Falling asleep after a healthy portion of Thanksgiving turkey seems almost inevitable. Post-turkey sleepy-time could be because of the amino acid tryptophan found in some foods. Your body converts tryptophan into melatonin and serotonin, which are thought to induce sleep. Why not use foods like this to your advantage on other days (and nights) of the calendar? If you experience the occasional sleepless night, the Mayo Clinic offers some insight on how certain foods can help you sleep.

Foods That Contain Tryptophan

- Dairy foods
- Oats
- Bananas
- Poultry
- Peanuts

The One-Two Punch

Try a light bedtime snack that is mostly carbohydrate with a little protein to improve your chances of a better night's sleep. This carb-protein combo may increase the availability of tryptophan to your brain.

To Avoid Before Bedtime

- Too much protein -- protein-rich foods also contain the amino acid tyrosine that stimulates brain activity
- Heavy and spicy foods which cause heartburn
- Lots of fluids that require lots of bathroom breaks
- Alcohol which can cause less than restful sleep and frequent awakenings
- Caffeine which stimulates the nervous system

Keep in mind, this tactic can help with the occasional sleepless night, but make sure you visit your doctor if you are experiencing sleep problems on a more regular or frequent basis.

Prayer: *Lord of days and nights, I lift my heart to You at the end of this day. May you grant me rest as I surrender myself to your nightly care. Amen.*

For more information visit:

www.mayoclinic.com (search 'food and sleep')

www.medlineplus.gov (search 'food and sleep')