Sleep inducing foods

There are a number of food groups that can help with improving sleep.

All the foods on this list contain an amino acid called tryptophan which can only be produced though diet. Eating these foods helps your body to produce a hormone called melatonin. Melatonin helps to regulate sleep.

Food groups	Specific foods
Milk and milk products	Traditional milk products (warm), yogurt and soya milk
Meat	Chicken and turkey
Fish	Cod, tuna, mackerel and salmon
Cheese	Cheddar, processed cheese and cottage cheese
Fruits	Apples, bananas, blueberries, strawberries, avocados, pineapples and peaches
Vegetables	Spinach, asparagus, green peas, broccoli, tomatoes, cabbages, cauliflowers, mushrooms, cucumbers and potatoes
Nuts	Walnuts, peanuts, cashews, pistachios, chestnuts and almonds
Seeds	Ground flax, sesame, pumpkin and sunflower seeds
Pulses	Mung beans, soya beans, kidney beans, lima beans, chickpeas and tofu
Grains	Wheat, brown rice, red rice, barley, corn and oats
Bread	Wholewheat bread

SCOPE = Equality for disabled people