



Sleep Inducing Foods

There are a variety of food groups which can assist with improving sleep. All the foods we recommend contain an essential amino acid called tryptophan which can only be produced through diet, this then converts into the neurotransmitter serotonin, which is then converted to the neurohormone Melatonin.

Below are some of the specific foods which contain high levels of tryptophan.

Food Group	Specific Foods
Milk and Milk Products	Traditional milk products (warm), yogurt and soya milk
Meat	Chicken and turkey
Fish	cod, tuna, mackerel, salmon,
Cheese	Cheddar processed cheese, cottage cheese, tofu,
Fruits	Apples, bananas, blueberries, strawberries, avocados, pineapple, peaches, cherries
Vegetables	Spinach, asparagus, green peas, broccoli, tomatoes, Cabbage, Cauliflower, mushrooms, cucumbers, potatoes
Nuts	Walnuts, peanuts, cashews, pistachios, chestnuts, almonds
Seeds	Ground flax, sesame, pumpkin, sunflower seeds
Legumes	Mung bean, soybeans, kidney beans, lima beans, chickpeas
Grains	Wheat, brown rice, red rice, barley, corn, oats
Bread	Whole wheat bread