

Nutrition and Sleep

It is important to ensure that your child is receiving adequate amounts of sufficient nutrients to support their overall sleep quality and quantity.



This PDF was created for you to use as your guide around sleep supportive nutrients. I hope you find it useful.

Shereen Nielsen x



Protein

Protein helps us to feel fuller for longer, stabilise blood sugar levels, and reduces night wakings

Foods containing protein are lean meat, poultry and fish, eggs, dairy products (cheese, milk, yoghurt), seeds and nuts, beans and legumes, soy products, some grain, and cereal-based products.

Tryptophan

Tryptophan foods support serotonin production during the day and can assist in maintaining healthy serotonin levels, which converts to melatonin, our sleeping hormone.

Tryptophan rich foods are turkey, nuts, bananas, oats, beans, seeds, tofu, chicken, red meat eggs and dairy (milk, yoghurt, cottage cheese) chickpeas.



Iron

Low iron can lead to irritability and insomnia like behaviours. It also makes us feel tired but sleepless, leading to sleep resistance and night sleep disturbances.

Iron-rich foods include fortified cereals, red meat, legumes, fish, poultry, egg, leafy greens.



Carbohydrates



Low GI carbohydrates at every meal will help to stabilise blood sugar levels, reducing the chance of an adrenaline release through the night.

Low GI carbohydrates include basmati rice (brown rice higher in fibre), pasta, Carisma or Nadine potatoes, sweet potato, sweet corn, rice bran, quinoa, lentils, kidney beans, chickpeas, baked beans, yoghurt, milk, custard, pears, apples, plums, banana, kiwi fruit, mandarin, apricots, mango.



Zinc

Zinc is an excellent sleep aid and it improves the general sleeping ability by regulating the sleep portion of the circadian rhythm.

Foods that contain zinc are lean red meat, pork and poultry, nuts, eggs, legumes, wholegrain bread and cereals, brown rice, tofu, tempeh, nuts and seeds (in age-appropriate texture), eggs, cheese, and breakfast cereals fortified with zinc.

Magnesium



Some children experience restlessness, which causes difficulty with settling and sleep.

Green leafy vegetables, nuts, seeds, fish, beans, whole grains, avocados, yogurt, bananas, dried fruit. Also, the use of Epsom salts in the bath can also help add magnesium to their bodies.

Need more advice?

So there you have it! All the information you need on nutrition to support your child's sleep.

If you feel like you need some further advice, you can choose from the following options for support:

A free 15 minute discovery call to help determine if your baby's sleep is normal.

A one on one Online Coaching Session

Ask your questions in my Facebook group – www.facebook.com/groups/raisinghappykids

You can visit my website to find out more about my services – www.shereennielsen.com and of course, you can contact me directly at any time!

All the best,

Shereen xx

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