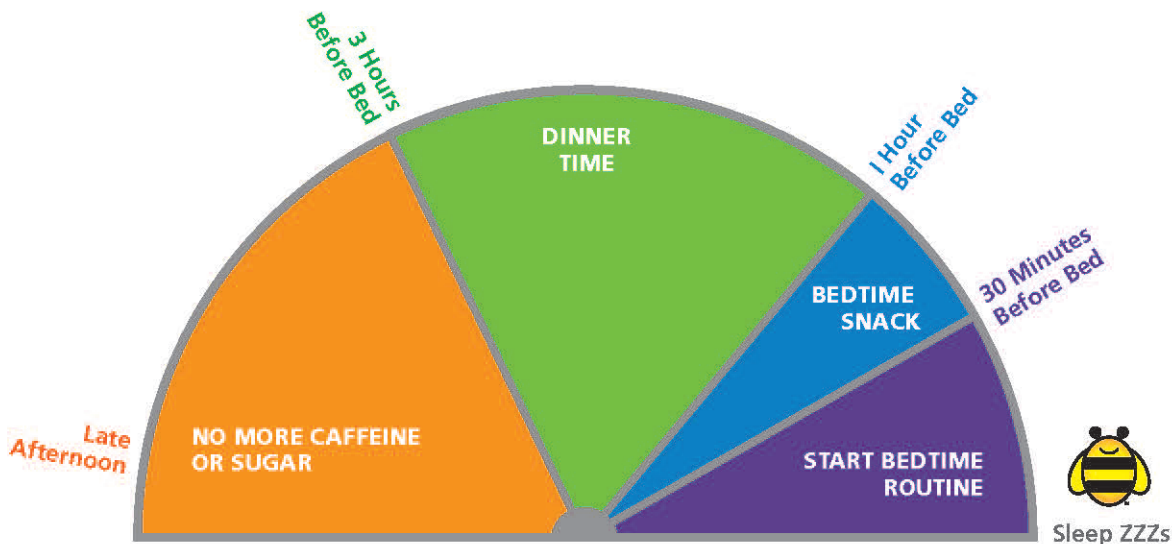


Power Down

The ART of EATING for BETTER SLEEP

What and when we eat has a big impact on how well we sleep. Kids especially are healthier and sleep better when they eat a healthy and well-rounded diet. Here are some tips to build a better night's sleep through your family's food choices.



Late Afternoon:

No more caffeine or sugar! These are powerful stimulants. Give little bodies time to calm down well before bedtime.

3 Hours Before Bed:

If you find that dinner seems to energize your child, avoid eating any later than three hours before bed.

1 Hour Before Bed:

Choose bedtime snacks that contain tryptophan – yeah, the same stuff that puts Uncle Al to sleep on Turkey Day. Tryptophan is an essential amino acid that triggers your body to produce melatonin, which naturally assists sleep. Try a small bowl of whole grain cereal with milk and bananas, half a peanut butter sandwich, or hummus and pita.

30 Minutes Before Bed:

Stop snacking and start getting ready for bed. A consistent bedtime routine will also help encourage a good night's sleep.