



Top 5 Sleep Tips

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Foods rich in tryptophan can help with natural melatonin production (the sleepy hormone) as tryptophan is a precursor to melatonin - these include bananas, almonds, white meats, pulses, milk, cheese and oats. Tart cherry juice, available from health food shops is thought to be high in natural melatonin.

A consistent bedtime routine including a warm bath or shower 1 - 2hrs before bed, prompts an increase in natural sleepiness due to the rise in body temperature then slight drop upon getting out, which in turn leads to a shorter time falling asleep. Keeping lights dim and screens off for at least 1hr before bed will also mean melatonin levels stay optimal which will help.

A diffuser with calming and relaxing essential oils such as lavender and chamomile, can help to trigger sleep as the smell becomes associated with relaxation and drowsiness. You could also give your child something that smells of you to help them relax and still feel connected to you during the night.

Pink or brown noise helps to block outside sounds and also helps the brain to relax. Studies have shown that pink noise increases deeper brain waves and therefore deeper sleep. This is ideal to play all night, or can just be while your child falls asleep.

Guided meditations, sleep stories, or calming music can all also help to wind down and aid sleep onset and can be very helpful for busy, anxious minds. It can depend on what works best for your child and you may need to experiment with a few things, to find what they prefer.

It goes without saying of course that plenty of fresh air and exercise will also help with sleep - as much as possible!

