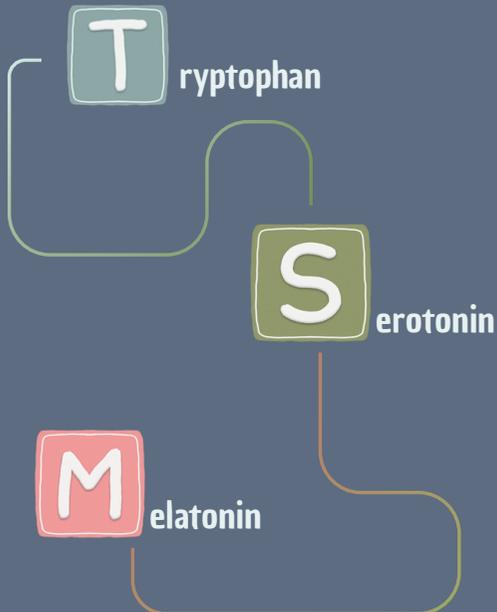


If you have trouble sleeping you might have heard about melatonin - this is the name of the substance that is commonly present in sleeping pills.

*But what if you were told that you can potentiate **melatonin** production by what you eat?*

Some evidence shows that foods containing a component known as tryptophan can naturally increase the levels of melatonin produced by our body.



# Would you like to improve your sleep?

*COME AND TEST...*

**DISCLAIMER:**

Although these strategies may be helpful tools, there is no guarantee they will work for you. The information provided in this flyer was written based on scientific studies but further research is still needed.

If after reading you have any concerns or need further explanation, please discuss it with a member of the healthcare team caring for you.

This flyer was made as part of a project developed by Mafalda Costa Martins, Mariana Silva, Mariana Orsi and Marta Bastos (student dietitians from NOVA Medical School | Faculdade de Ciências Médicas, supervised by Dietitian Kattya Mayre-Chilton).



Cow's milk contains casein, a substance that is digested slowly by the body and provides it with the building blocks needed to make **melatonin**. If you can't or prefer not to drink cow's milk, soy milk might be a great alternative.

Some research suggests that having a drink with extra casein in the evening can help you sleep more "efficiently," meaning you spend **more** of your **time** in bed **actually sleeping** rather than tossing and turning.

Tart cherries contain natural components like **tryptophan** and **melatonin**, that can help you **relax** and **drift off to sleep**.

In some studies, people who drank a cup of tart cherry juice in the **morning** and another **before bed** **slept for over an hour longer** than usual and woke up less often during the night. This could be a simple and tasty strategy to add to your routine.

If you enjoy a cup of tea, chamomile might be worth a try. A study showed that people who drank chamomile tea found it easier to fall asleep and **didn't wake up as often** during the night.

Though it can help people sleep more soundly there is no evidence that it helps people sleep for more hours.