

## 10 Foods for a Good Night's Sleep

Want a good night's sleep? Put down the pill bottle and head to the kitchen. Some foods help relax your body and quiet your mind while others stimulate the production of sleep-inducing melatonin and serotonin. Choose from this list of foods to help send you to dreamland:

**Bananas.** Bananas contain magnesium to relax muscles, and also melatonin and serotonin as well.

**Warm milk.** Mom was right — the amino-acid tryptophan found in milk acts like a sedative, and the calcium helps the body use it.

**Potatoes.** Potatoes cancel out the acids that can interfere with snooze-inducing tryptophan.

**Chamomile tea.** A long-time staple of teas formulated for drinking before bedtime, chamomile acts as a mild sedative.

**Oatmeal.** Oats are rich in melatonin — and are filling, so as to tide you over during your journey through the land of Nod.

**Cheddar cheese.** A wedge of cheddar cheese is also rich in tryptophan.

**Honey.** A bit of honey to sweeten tea or warm milk will help your brain switch off orexin, a neurotransmitter that helps keep you alert.

**Whole-wheat bread.** Add a piece of toast to tea that's sweetened with honey, and insulin will help convert tryptophan to serotonin.

**Almonds.** Heart-healthy almonds also contain tryptophan and magnesium.

**Turkey.** Loaded with tryptophan, a couple of slices of turkey on whole-wheat bread will help bring a restful night's sleep.