



Written by

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The house is quiet, and you are getting ready to call it a night; after all, it has been a long day of work, kids or play. But when your head hits the pillow your eyes are wide open. You can hear the clock ticking in the room across the house. You try to tell yourself in five minutes you know sleep will come...Nothing...Hours pass. Then, suddenly, the night has passed, and it is time for another day.

Arghhhhh! You feel as though you have a hang-over or you pulled an all-nighter but there was no crazy fun evening, and there is not going to be a paper with an A at the end of the day.

If this has happened to you, and it is not a new occurrence, I have a couple of tips. First, put that glass of wine down; all it does is give you dysfunctional sleep. In order to have some good sane sleep, you need to reduce the sugars in order to control any insulin surges so look for foods that are high in tryptophan. It doesn't only have to be turkey either.

A warm glass of milk will do the trick. Try it before you knock it. If you can't do it, then here are some other suggestions.

- Studies show that [Tart Cherry](#) juice, 8 oz in morning and 8 oz two hours before sleep, helps in the production and stabilization of melatonin. Put it in a red wine glass in the evening

and no one will be the wiser.

- Here is a short list of foods that are high in tryptophan: cheese and 00% whole grain crackers, chicken, eggs, milk, nuts and seeds.
- You can also try foods that are melatonin rich such as brown rice, oatmeal and bananas.



We will share some great recipes during the week so keep in touch.

Ciao for now!!!!

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