

Sleep Kit: Diet

Sleep Aiding Foods

Almonds

Milk

Bananas

Cherry Juice

Turkey

White Rice

Kiwis

Chamomile Tea

Walnuts

Fatty Fish

Passion Flower Tea

Diary Products

Oatmeal

Disrupts Falling Asleep

Chocolate

Coffee

Hot Chocolate

Fizzy Drinks

Caffeine

Sugar

Check with your doctor before taking medication!