

🍌 A Banana Before Bed? It Might Just Help! 🌙✨

If bedtime is a battle in your house, you're not alone! Many parents of children with ADHD find that sleep can be a real challenge. But did you know that something as simple as a banana before bed might help?

Here's why:

- ◆ Bananas contain tryptophan, an amino acid that helps the body produce serotonin and melatonin—both important for sleep. Research suggests that eating foods rich in tryptophan can improve sleep quality (Asia Pacific Journal of Clinical Nutrition).
- ◆ They're packed with magnesium and potassium, which help relax muscles and calm the nervous system. Studies have shown that kids with ADHD often have lower magnesium levels, and increasing magnesium intake may improve sleep and focus (Eastern Mediterranean Health Journal).
- ◆ Bananas are a quick and easy bedtime snack—sweet, natural, and gentle on the stomach. No fancy prep needed!

💡 How to Try It:

- 🍌 Offer a banana about 30-60 minutes before bed.
- 🥛 Pair it with a little yogurt or warm milk for extra calming benefits.

Of course, every child is different, and what works for one might not work for another. But if you're looking for a simple, natural way to support your child's sleep, a banana might be worth a try!

P.S. I'm not a medical professional—just sharing ideas that might be helpful! 😊