

Sleeping at the Thanksgiving Table: Thanks Tryptophan.

Written by Sarah Love

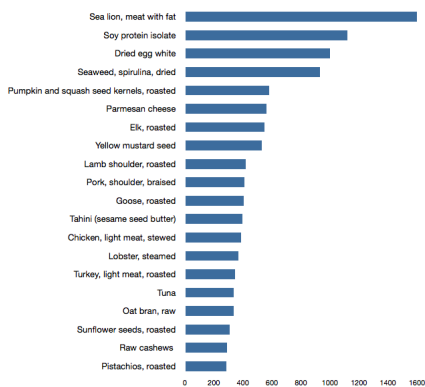
Thursday, 24 November 2011 00:00 - Last Updated Friday, 18 November 2011 15:35



Tryptophan is one of the "10 essential [amino acids](#) that the body uses to synthesize the proteins it needs." It also helps your body in "the production of nervous system messengers, especially those related to relaxation, restfulness, and sleep."



There are lots of foods high in tryptophan, not just Turkey. What else? Did you know these foods have more tryptophan than turkey? The answers may surprise you!



To see the full article and more about this chart, click [here](#).

There are lots of reasons why you should eat foods high in tryptophan. If you are experiencing any of these issues you should put more tryptophan foods in your diet:

- Depression
- Anxiety
- Weight gain or unexplained weight loss
- Slow growth in children
- Overeating and/or carbohydrate cravings
- Poor dream recall
- Insomnia
- Irritability
- Impatience
- Impulsiveness
- Inability to concentrate

For more information, click [here](#).