

# Does warm milk really help a person fall asleep?

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Milk contains various amino acids such as [tryptophan](#) that has sleep-inducing properties. Tryptophan is an essential [amino acid](#), which people have to obtain from their diet since the body is unable to produce it. When tryptophan is broken down, a small portion of tryptophan is used to create [serotonin](#), a brain chemical which gets converted into [melatonin](#), a hormone that helps a person sleep.