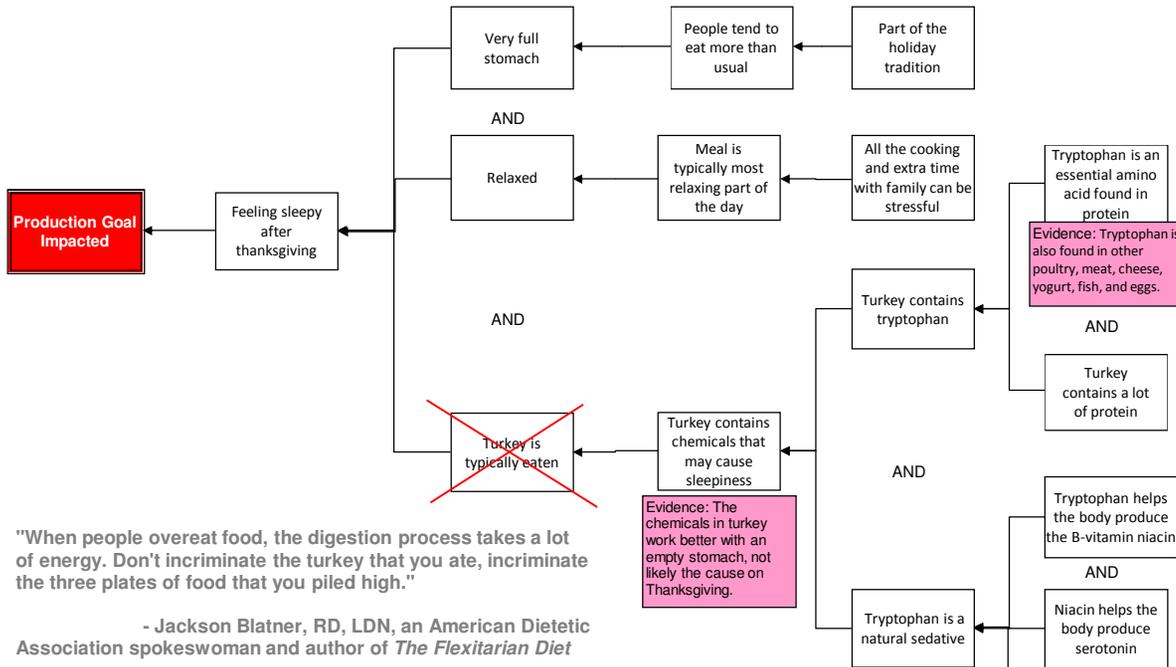


# Does Turkey Really Make you Sleepy?

Throughout the United States Thanksgiving Holiday

Every year around this time, Americans start thinking about turkey and that sleepy feeling that hits after a Thanksgiving feast. It has been common to blame the bird for the post feast drowsiness, but is the idea that turkey causes sleepiness true?

This issue, just like any big engineering problem, can be analyzed by building a Cause Map. A Cause Map is an intuitive, visual format for performing a root cause analysis. To build a Cause Map, "why" questions are asked to understand the cause-and-effect relationships between the different causes that contribute to an issue. One cause in this example is the fact that turkey is typically eaten at a tradition American Thanksgiving feast. The rumor that it causes sleepiness likely came from the fact that turkey contains tryptophan, and tryptophan is a natural sedative



Cause Map High Level

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Why

Effect ← Cause

NOTE: Read the Cause Map from left to right with the phrase "Was Caused By" in place of each arrow.

Cause Mapping is a Root Cause Analysis method that captures basic cause-and-effect relationships supported with evidence.

## CAUSE MAPPING

Problem Solving • Incident Investigation • Root Cause Analysis

- Step 1 **Problem** What's the
- Step 2 **Analysis** Why did it
- Step 3 **Solutions** What will

### Conclusion

You can't blame the bird . It's a myth that turkey causes more sleepiness than other foods.

Turkey does contain tryptophan, but so do many other foods. Turkey actually contains less tryptophan than chicken.

If you feel sleepy after feasting for Thanksgiving it probably has more to do with the work to prepare the meal and amount of food consumed than the properties of the turkey.



Photo is from wikipedia uploaded by user Patrick Fixgerald from Atlanta, GA.

