

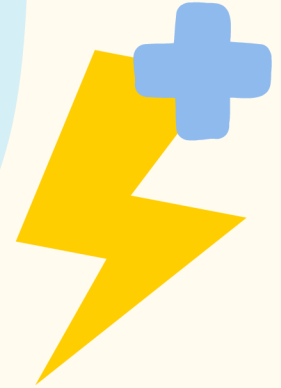
Caffeine and Sleep

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How does caffeine affect the body?



- Caffeine stimulates our central nervous system by blocking adenosine, a brain chemical that promotes sleepiness
 - => Results in increased alertness and energy
- Caffeine's negative effects can include: headaches, digestive issues, and dependency
 - Sudden cessation of use can lead to fatigue and irritability

Getting enough sleep is crucial!



- The CDC recommends young adults get 7-9 hours of sleep per night
- Inadequate amounts of sleep can increase your risk of developing:
 - High blood pressure
 - Type-2 diabetes
 - Cardiovascular diseases
 - Impaired immune function



Research shows that...

Caffeine consumption can increase sleep onset latency (the time it takes to fall asleep) by approximately 9 minutes



Caffeine consumption reduced total sleep time by 45 min and sleep efficiency by 7%



Additionally:

400 mg of caffeine taken 0, 3, or even 6 hours prior to bedtime significantly disrupts sleep

The caffeine toxicity threshold in healthy adults (19 or older) is ~ 400 mg/day (~4 cups brewed coffee, ~2 energy drinks)

Caffeine intake can delay REM sleep and decrease the duration and efficiency of deep sleep



You may not know this, but...



1. Coca-Cola

2. Chocolate

3. Matcha

4. Excedrin and Midol

All contain caffeine!



Tips for managing caffeine consumption



1. Gradual Reduction

2. Track Your Intake

3. Substitute Beverages

4. Be Mindful of Hidden Caffeine

5. Avoid late-day caffeine

You can also...



Eat a healthy diet that focus on fruits, vegetables, proteins, + whole grains



Stay hydrated by drinking plenty of water throughout the day

Engage in moderate-intensity exercise for 30 minutes every day



Maintain a healthy sleep schedule! Try to go to sleep and wake up at consistent times.



to boost your energy!

**If you are
going to
consume
caffeine...**

- **Avoid caffeine for at least 5 to 8 hours before your bedtime to allow your body time to process it.**

- **Replace high-caffeinated drinks with lower-caffeine options such as herbal tea or decaf coffee.**



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