

CAFFEINE & SLEEP

By Sasha and Nadia

HOW CAFFEINE AFFECTS SLEEP

Caffeine is a stimulant. It keeps the body alert by blocking adenosine, causing your body to not fully register that you're tired

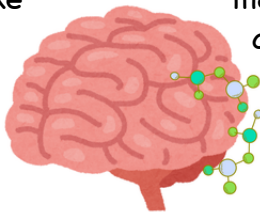
WITH CAFFEINE

Adenosine is blocked, so you feel awake



WITHOUT CAFFEINE

Adenosine builds up, making you feel tired and ready for sleep



(Department of Health & Human Services, n.d.)

HOW LONG DOES CAFFEINE LAST

According to research, a standard cup of coffee should be consumed at least



9 hours
before bedtime

to reduce the risk of insufficient sleep

(Gardiner et al., 2023)

COMMON SOURCES OF CAFFEINE

DAILY RECOMMENDATIONS

≤400 mg/day



Coffee

60-80mg per 250ml



Energy Drink

80mg per 250ml



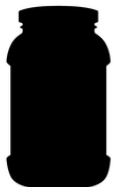
Dark Chocolate

40-50mg per 55g



Soft drink

40-50mg per 375ml



Pre-workout

Varies widely

(Department of Health & Human Services, n.d.; Wikoff et al., 2017)

TIPS FOR BETTER SLEEP



Avoid caffeine for ~9 hours before bed.

Everyone is different; some people are more sensitive!



Check ingredient list and nutrition panel for caffeine in food products

Caffeine can hide in unexpected places!



Build a relaxing nighttime routine

Goodhabits+ less caffeine= bettersleep

DID YOU KNOW?



High doses of caffeine (≥400mg/day) can increase feelings of anxiety by releasing adrenaline, which increases your heart rate and feelings of restlessness

(Liu et al., 2024)