



TIP #
6

DON'T OVER CAFFEINATE

A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake. Reducing caffeine is one great way to get a better night's sleep.

THE RISE OF CAFFEINE



Caffeine has been called the most popular drug in the world.

The United States is the country with the highest amount of caffeine consumption (971 tons) followed by Brazil (969 tons).

971 TONS

969 TONS



90% of people in the world consume at least one meal or beverage with caffeine in it daily.



The average person on a weekday drinks about three 12 ounce caffeinated beverages, with little difference between age groups.



of Americans over the age of 18 consume caffeine on a daily basis.

It is found naturally in over 60 plants including



ALL OVER THE WORLD PEOPLE CONSUME CAFFEINE ON A DAILY BASIS IN:



COFFEE



of consumed caffeine is in the form of coffee.



TEA



of consumed caffeine is in the form of tea.



SOFT DRINKS



of caffeine that is consumed daily is in the form of soft drinks.

THE NEED FOR CAFFEINE



- There is no nutritional need for caffeine in the diet.
- Moderate caffeine intake, however, is not associated with any recognized health risk.
- Three 8 oz. cups of coffee (250 milligrams of caffeine) per day is considered a moderate amount of caffeine.
- Six or more 8 oz. cups of coffee per day is considered excessive intake of caffeine.

HOW CAFFEINE WORKS

Caffeine enters the bloodstream through the stomach and small intestine and can have a stimulating effect as soon as 15 minutes after it is consumed.

Once in the body, caffeine will persist for several hours:



it takes about 6 hours for one half of the caffeine to be eliminated.



of the caffeine that you consume daily will be filtered out of your system within 10 hours.



There are numerous studies to support the idea that caffeine causes physical dependence

USING CAFFEINE TO STAY AWAKE



- Because caffeine is a stimulant, most people use it after waking up in the morning or to remain alert during the day.

65% of the total consumption of caffeine occurs during the hours around breakfast.

The majority of caffeine consumers drink approximately **3.1 cups of coffee on a daily basis.**

- While it is important to note that caffeine cannot replace sleep, it can temporarily make us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenaline production.
- According to the 2001 Sleep in America poll, 43% of Americans are "very likely" to use caffeinated beverages to combat temporary sleepiness.
- Caffeine can have a detrimental effect on sleeping patterns

90% of high school students stated that they had issues sleeping due to the consumption of caffeine.

5 WAYS TO ENJOY CAFFEINE WITHOUT STRANGLING YOUR SLEEP



- Avoid drinking caffeinated beverages several hours before bedtime.
- No caffeine of any type after 2pm
- Don't drink caffeinated beverages (e.g. coffee, tea, Monster) after dinner.
- Avoid caffeine within 4-6 hours of bedtime.
- Limit caffeine because it can take up to 6 hours to clear your body.

DID YOU KNOW?

- The effects of caffeine can last up to 8 hours.
- Caffeine is a stimulant.
- Stimulants interfere with your ability to fall asleep.
- Chocolate has caffeine.
- Stress and caffeine together is a sleep robber



WAKE UP NATURALLY

Get a Dose of Sunlight to Brighten Up Your Day



- Get natural light.
- Getting some sunlight early in the morning can be helpful for setting your body's natural wake and sleep cycle.

Reducing caffeine is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!

SOURCES:

- <https://sleepfoundation.org/sleep-topics/caffeine-and-sleep>
- <http://healthresearchfunding.org/remarkable-caffeine-consumption-statistics/>
- <https://sleepfoundation.org/media-center/press-release/annual-sleep-america-poll-exploring-connections-communications-technology-use->