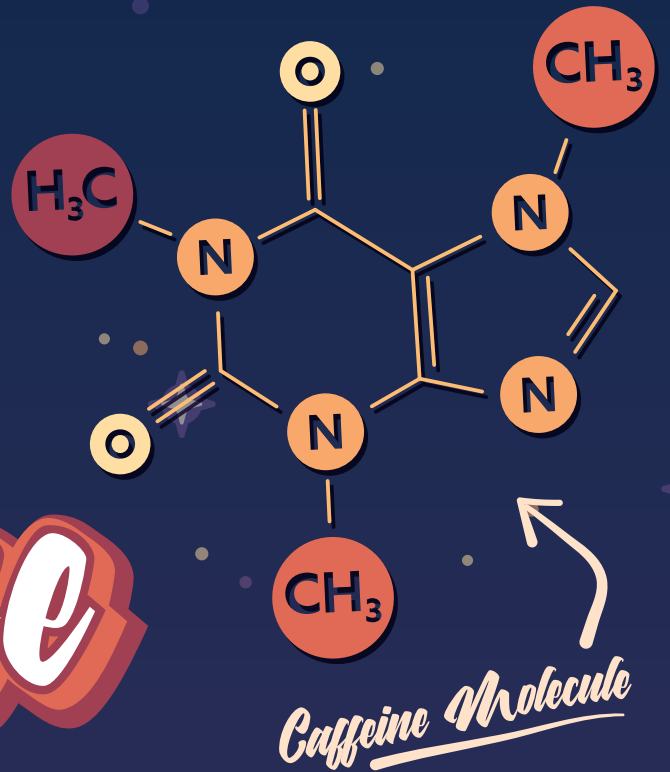


# Sleep and Caffeine



Caffeine primarily prevents sleep by blocking adenosine receptors, the neurotransmitter that signals the brain that the body is tired and in need of rest. Caffeine fits into these receptors and prevents adenosine from doing its job. As long as there is a steady supply of caffeine flooding the receptors, sleep will be impaired.

## Stop Caffeine from Stealing your Sleep:

- ★ The FDA recommends no more than 400 mg of caffeine a day- which could look like: 4 cups of coffee (standard 8-ounce cups), 2 energy drinks, or 6 twelve-ounce sodas
- ★ Don't consume caffeine too late in the afternoon.
- ★ Know your personal safe dose of caffeine and avoid having more than that.