

# REDUCE OR ELIMINATE CAFFEINE & ALCOHOL BEFORE BED

A nice cup of coffee or a glass of wine are two enjoyable drinking experiences -- but enjoying them closer to bedtime can often come at the expense of a good night's sleep.

Here's a comparison of how caffeine and alcohol affect your sleep:

## CAFFEINE

There's a reason why we tend to drink caffeinated drinks like coffee and energy drinks in the morning because they help **keep us alert** -- and that's exactly why they should be avoided before bed.

Caffeine is a **stimulant** and stifles our sleep patterns.

One study found drinking coffee 6 hours before bed **reduced** the average amount of sleep participants had by **more than 1 hour** on average.

It is best to avoid caffeine at least **4-5 hours** prior to bedtime.

## ALCOHOL

It is true that a drink before bed can often help you fall asleep faster, but that doesn't make it a good sleep aid,

Drinking alcohol leads to more **interruptions**, or sleep fragmentation, during the night.

It slows your breathing down and **makes it harder to reach REM sleep**, the period of sleep associated with dreaming.

Alcohol **increases your risk** for a circadian rhythm disorder.

It's best to avoid alcohol for **four hours** before going to sleep.



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