



SLEEP

Adults need 7 hours of sleep a night or more.

Poor sleep leads to poor health.

Poor sleep can also cause accidents due to daytime sleepiness.

Sleep better with these tips:

- ✓ Exercise during the day to help you sleep at night.
- ✓ Exposure to natural light during the day helps with sleep at night.
- ✓ Go to bed at the same time every night and wake up at the same time every morning.
- ✓ Watch your caffeine intake. You should not have more than 400mg of caffeine a day (about 5 cups of coffee). Caffeine should be stopped 6 hours before bed.
- ✓ Do not smoke. Even secondhand smoke can cause sleep problems.
- ✓ Avoid alcohol because it causes sleep interruptions. Night caps may make you drowsy, but they can cause you to wake up during the night.
- ✓ Do not eat large meals before bed. Fatty or spicy dinners may cause poor sleep. If you have a bedtime snack it should be light.
- ✓ Wind down 30 minutes before bed with reading, stretching, listening to music or another relaxing activity.
- ✓ Turn down the lights and turn off screens like televisions, cell phones, and laptops 30 minutes before bed.
- ✓ Only use your bed for sleep.
- ✓ Make sure your bedroom is quiet, dark, and not too hot or cold.

Caffeine:

It takes about 6 hours for your body to get rid of half of the caffeine you take in. The caffeine you have during the day will affect how you sleep at night. Caffeine is not a substitute for sleep.

How much caffeine is in...

Beverage	Amount
Soda (12 ounces)	45mg caffeine
Green or Black Tea (8 ounce)	40mg caffeine
Coffee (8 ounce)	90mg caffeine
Decaf Coffee (8 ounce)	8mg caffeine
Energy drink (8 ounce)	150mg caffeine

References:

Centers for Disease Control and Prevention. (2016, July 15). *CDC - Sleep Hygiene Tips - Sleep and Sleep Disorders*
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US Food and Drug Administration. (2018, December 12). *Spilling the beans: How much caffeine is too much?* Consumer updates.
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