

# CAFFEINE & SLEEP



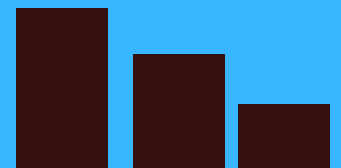
- Chronically losing sleep as a result of caffeine can lead to sleep deprivation
- As sleep loss accumulates, it can have a large impact on your daytime alertness and academic performance
- Studies have shown that individuals that receive 7-8 hours of sleep tend to perform better on memory and motor tasks -- like studying for exams or playing sports!

## Balance Your Sleep and Caffeine Intake By:

1. Limiting your caffeine intake at least 6 hours before you are planning on going to bed.



2. Starting your day with your most caffeinated beverage and then tapering your intake as the day progresses.



3. Trying decaffeinated teas and coffee options, especially during the afternoons and evenings before bed.

