



The Buzz on Caffeine and Sleep

Caffeine, often called, “the world’s most popular drug,” has become an accepted part of the daily lives of people around the globe. It is found in the three most popular drinks—coffee, tea and cola—and in other soft drinks, chocolate, and some medications. Scientists say caffeine is not harmful in moderation—up to 250mg a day—as long as it is not consumed close to bed time (a minimum of 4-6 hours), which can disrupt sleep.

While caffeine cannot replace sleep, it can temporarily make us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenaline production.

This alertness can be helpful in the short term, but caffeine’s side effects include:

- ✔ “Caffeine crash,” or fatigue once the caffeine wears off
- ✔ Feeling of anxiety or irritability
- ✔ Rapid heartbeat
- ✔ Sleep disturbance due to increased time needed to fall asleep, frequent awakenings during the night, and interference in moving into the deeper, more restorative stages of sleep

Knowing the caffeine content of your food and drinks can help you keep caffeine intake at a healthy level so you can still reap the benefits of a good night’s sleep.

For more information on caffeine and sleep, visit the National Sleep Foundation’s Web site at

➔ <http://www.sleepfoundation.org/caffeine.cfm>

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Caffeine Check List

Tally (# of beverages consumed) to get your total caffeine consumption for the day and visit our web site (www.sleepfoundation.org) for a more complete caffeine calculator.

- 8 oz. cola (23 mg of caffeine) 
- 8 oz. diet cola (31 mg) 
- 240 mL Red Bull (80 mg) 
- 8 oz. coffee (110 mg) 
- 8 oz. decaf coffee (5 mg) 
- 6 oz. caffe latte (90 mg) 
- 6 oz. cappuccino (90 mg) 
- 1 oz. espresso (90 mg) 
- 1 oz. decaf espresso (10 mg) 
- 8 oz. instant coffee (90 mg) 
- 8 oz. imported tea (60 mg) 
- 8 oz. U.S. tea (40 mg) 
- 8 oz. iced tea (60 mg) 
- 1 oz. milk chocolate candy (6 mg) 
- 8 oz. cocoa beverage (6 mg) 
- _____

TOTAL for _____

Caffeine Counter Card



Caffeine Counter

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