



WHY DOES CAFFEINE DISRUPT SLEEP?

How much caffeine you consume, when you consume it, and your tolerance level all play a role in how your body responds. If you notice insomnia, anxiety, or headaches, you can try reducing your daily caffeine intake.

ADENOSINE



A byproduct of the body's use of energy that builds up over the course of the day and promotes the need to sleep. This buildup is also referred to as "Sleep Pressure."

BLOCKAGE



Caffeine prevents the signal produced by adenosine from reaching the receptors that create the Sleep Pressure needed to become sleepy.

CRASHES



Sleep pressure still builds up and compounds in your system while the caffeine is blocking it. Once the caffeine wears off it can all hit you at once like a knockout!

TIMING



Caffeine can take 6-8 hours to leave your system. To improve sleep quality, try cutting off caffeine in the early afternoon or about eight hours before bed.