

CAFFEINE & SLEEP HEALTH



RUTGERS

School of Arts and Sciences
DEPARTMENT OF KINESIOLOGY AND HEALTH

RUTGERS SLEEP LAB SLEEP TIPS

FAST FACTS ✨

Caffeine is a stimulant that many people consume upon waking up. However, **caffeine cannot replace sleep.**

It is a temporary fix that makes us feel more alert by **blocking sleep-inducing chemicals in the brain** and increasing adrenaline production.

Caffeine is safe in moderation, but is **not recommended in children.**



No caffeine after 2 PM



< 2 beverages or <300mg per day



No caffeine 6 hours before bedtime

HOW MANY MG OF CAFFEINE ARE IN MY FOOD OR DRINK?

