

## Caffeine and Sleep

From coffee to tea, pop or even chocolate, caffeine has easily become humanity's most widely used and abused stimulant. It is second only to oil as the world's most traded commodity. The substance we've become so fondly dependent upon works to stave off sleepiness by binding to receptors in the brain that would normally house sleep-inducing neurotransmitters. The jolt of energy typically occurs within a few minutes of consuming your favorite coffee or tea, and usually peaks after half an hour.

The problem for us arises due to caffeine's ability to stick around well passed its welcome. Caffeine's half life in the body is 5-7 hours; meaning it takes that long for the liver to eliminate half of the dose of caffeine you consumed. If you consume a cup of coffee at noon, by 5pm-7pm you're only halfway to being caffeine free.

For purposes of improving our ability to fall asleep at an appropriate hour we need to be mindful of how our body reacts to this substance. Everybody is different; some of us can drink coffee well into the afternoon and be sound asleep for bedtime, while others lay awake well into the early hours. If you belong to the latter group, be mindful of how much caffeine you're consuming throughout the day and perhaps opt out of the afternoon java.



Average Caffeine Doses	
<b>Coffee</b>	100 mg/Cup
<b>Decaf Coffee</b>	3 mg/Cup
<b>Black Tea</b>	50 mg/Cup
<b>Decaf Tea</b>	2 mg/Cup
<b>Green Tea</b>	30 mg/cup
<b>Soda Pop</b>	22mg/Can (Colas are typically higher)
<b>Energy Drinks</b>	30 mg/Can
<b>Dark Chocolate</b>	80 mg/100g
<b>Milk Chocolate</b>	20 mg/100g