

# REST AND REVIVE

Simple solutions for a good night's sleep



## Week 4: Protect yourself from common sleep thieves

Last week you were asked to look at your sleep and daytime activity logs and set one goal for improving your sleep. You may already be noticing a difference. If not, or if you've fallen behind, don't worry – changing a routine can be tough.

This week, we're looking at common "sleep thieves," like caffeine and alcohol, that rob you of the rest you need. Here are a few tips for dealing with sleep thieves:

- **Cut down on caffeine.** Caffeine stays in your body for about 12 hours, meaning a morning coffee may still be in your system at 10 p.m. Try to avoid coffee after midmorning. If you need an afternoon pick-me-up, try drinking a glass of water or taking a short walk instead of grabbing more coffee or an energy drink.
- **Lose the booze.** Alcohol can make you feel tired, but the sleep you get after drinking isn't restful. And drinking before bed can make you need to use the bathroom in the middle of the night. Try limiting yourself to one or two drinks on infrequent occasions – and don't drink within two hours of bedtime.

For more information on the impact of sleep thieves, check out the National Sleep Foundation's "[Sleep Topics](#)."

### Buzzed brands

[Download this chart](#) to see the caffeine content in a bunch of popular drinks, foods, and medications. Are any of these items part of your routine?