



The Caffeine, Alcohol & Sleep Timing Guide™

Notice how what you drink, and when, may affect falling asleep, nighttime waking and morning energy.



CAFFEINE

- Caffeine can remain active for hours, even when you no longer feel alert.
- If you are sensitive, experiment with finishing caffeine at least 8 hours before bed.
- Remember that sensitivity can change in midlife.



ALCOHOL

- Alcohol may feel relaxing at first but can contribute to lighter, more fragmented sleep later.
- Notice whether it affects snoring, hot flashes, bathroom trips or early waking.
- Avoid relying on alcohol as a sleep aid.



MORNING

Have caffeine after food if it makes you feel shaky or anxious.



AFTERNOON

Choose decaffeinated or caffeine-free drinks as bedtime gets closer.



EVENING

Keep alcohol and large amounts of fluid away from bedtime when possible.



RUN YOUR OWN SLEEP EXPERIMENT

1. Keep your usual bedtime and wake time.
2. Change one drink or timing habit for one week.
3. Notice sleep onset, waking and morning energy.



REMEMBER TO COUNT

Coffee, tea, energy drinks, cola, chocolate, pre-workout products and some medications may contain caffeine.



GENTLE REMINDER

There is no single cutoff that works for everyone. Your pattern matters more than a perfect rule.



Martine's Midlife Wellness Tip

If sleep is disrupted, start by moving your last caffeinated drink earlier before giving it up completely.