

Is your coffee habit affecting your sleep?



Adenosine is a neurotransmitter that is responsible for relaxation.

This plays a crucial role in your sleep.

Caffeine blocks this and keeps you awake and alert.

25% of the caffeine from a noon coffee is still in your brain at midnight.

Thus, you should stop having coffee 5-6 hours before your bedtime to sleep better.



**Remember,
coffee doesn't give
you extra sleep -
it just delays it.**