



## CAFFEINE

### How Caffeine Affects Sleep

Caffeine is a stimulant found in things like coffee, tea, chocolate, and some soft drinks. It can have a big impact on how well your child sleeps.

- **It keeps the brain alert**

Caffeine blocks the body's natural "sleepy" signals, making it harder to wind down and fall asleep

- **It delays falling asleep**

Caffeine can stay in the body for 5–6 hours (sometimes longer), so even afternoon intake can affect bedtime

- **It reduces sleep quality**

Even if your child falls asleep, caffeine can reduce deep, restorative sleep—leading to more tiredness the next day

- **It disrupts body rhythms**

Caffeine can interfere with the body's natural sleep-wake cycle, making sleep patterns less consistent

- **Everyone reacts differently**

Some children are more sensitive to caffeine than others, depending on age and individual differences

