



Is Your Daily Coffee Costing Your Sleep?



The American Medical Association reports that 85% of adults in the US consume ~135mg of caffeine every day.

As many as 36% drink 3-5 cups of coffee daily.

THE PROBLEM

Caffeine doesn't go to sleep when you do.

Caffeine stays active for ~12 hours. That means your coffee at 2pm could still affect you at 2am!

Somnee co-founder Dr. Matt Walker says research shows a single cup of coffee in the evening can decrease deep sleep by 20-40%.

You'd have to age a healthy adult 10-15 years to see that much deep sleep impairment.

Drinking caffeine:



Increases nightly wake-ups



Decreases deep sleep quality + amount



Makes it harder to fall asleep



Increases anxiety + mind-racing at night

[Dig into the science](#)

FOR A GOOD NIGHT'S SLEEP

Caffeine Best Practices

No need to avoid all caffeine. Coffee and tea are actually great sources of antioxidants. The key is to consume it with care.



TIP 1

Don't overdo it — cut the caffeine after 1:2 cups.



TIP 2

Finish your last caffeinated drink 12 hours before bed. So if you want lights out by 11pm, stop drinking coffee by 11am.

[Learn more](#)

SKIP THE CAFFEINE CRASH

Better sleep to fuel your best days yet



Somnee's Smart Sleep Headband uses medical-grade sensors to safely boost your brain's natural sleep signals. The result: Deeper, more restorative sleep for crisp, clear energy that lasts — no caffeine needed!

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