TIPS FOR BETTER REST

Whole Lifecycle NUTRITION

HOW ALCOHOL AFFECTS YOUR SLEEP

Alcohol is known to interfere with your body's ability to recover during sleep. Here's how it works and what you can do to sleep better.

KEY POINTS TO REMEMBER

Even Small Amounts of Alcohol Can Impact Sleep:

- Drinking even a little bit of alcohol before bed can reduce your sleep quality. Less than one drink can decrease your body's ability to recover by 9.3%.
- Two or more drinks can lead to a 24-39% drop in your body's recovery during sleep.

Alcohol Increases Your Heart Rate:

- After drinking alcohol, your heart rate goes up, and your body has to work harder to maintain balance. With higher alcohol intake, your heart rate can increase by up to 8 beats per minute during sleep, making it harder for your body to rest properly.

It Affects Your Body's Ability to Relax:

- Alcohol reduces the activity of your parasympathetic nervous system, which is responsible for helping your body relax and recover during sleep. Instead, your sympathetic system (the "fight or flight" response) stays active, keeping your body on alert even when you're sleeping.



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Young and Active People Aren't Protected:

- You might think that being young or physically active would protect you from alcohol's effects on sleep - but it doesn't! Even for people who exercise regularly, alcohol disrupts the body's ability to recover.

It's Not Just About Falling Asleep Fast:

- While alcohol may make you feel sleepy and help you fall asleep quickly, it actually disrupts the quality of your sleep, leaving you feeling tired the next day.

PRACTICAL TIPS FOR BETTER SLEEP

Limit Alcohol Before Bed:
To improve sleep, avoid drinking alcohol within at least 4 hours before going to bed.

Understand Your Body:
Everyone's body responds differently to alcohol. Pay attention to how even the smallest amount of alcohol affects your sleep and adjust your habits accordingly.

Skip the Nightcap:
While a nightcap might seem relaxing, it can reduce the deep, restorative sleep your body needs.

Focus on Recovery:
Give your body the chance to rest fully by limiting alcohol intake, especially on nights when you need high-quality sleep for work or physical activity the next day.

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ALTERNATIVES

Here are some great alternatives to help you relax without disrupting your rest:



Herbal Teas: Chamomile, Peppermint or Lavender, Valerian Root

Kombucha: This fermented tea provides a slightly fizzy and tangy flavor similar to alcohol but without the negative sleep effects. Just be sure to choose one low in caffeine if you're having it in the evening.



Tart Cherry Juice: Drinking a small amount before bed may enhance sleep quality naturally.



Golden Milk (Turmeric Latte): Warming spices like turmeric and ginger may promote relaxation and have anti-inflammatory benefits, making them a great nighttime option.