

Skip the Nightcap

Action Plan:

Stop drinking at least 4 hours before bedtime!



The Problem:

Any alcohol within 4-6 hours of bedtime wreaks havoc on your sleep and disrupts your mood, reduces energy, and causes inflammation.

How to do it

- 1 Skip the nightcap! Tap out 4 hours before bedtime. Even just one drink can ruin your sleep.
- 2 Substitute in sparkling water with lime (or other fun mocktails).



Not every night can be perfect! If you drink late, here's the best advice we can give you...

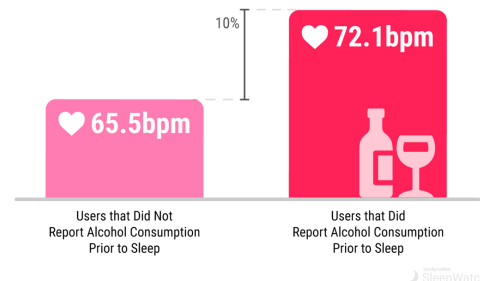
"Whoops I drank" plan

Remember to hydrate, take a multivitamin, and try a supplement like dihydromyricetin (DHM) immediately after drinking to reduce alcohol's negative side effects.

The Science

Contrary to popular belief – **alcohol is not a sleep aid!** Booze before bed leads to sleep deprivation, which is linked to obesity, heart disease, cancer, and even a shortened lifespan.

Average Sleeping Heart Rate vs. Alcohol Consumption



Research has found that consuming alcohol even 6 hours before bed increases heart rate and reduces sleep quality and quantity.

Health Benefits

- Prevents alcohol from waking you up in the wee hours of the morning.
- Reduces sleep-disordered breathing.
- Boosts sleep quality (better immunity, skin, cognitive function, and more).

Tips

- Drink one glass of water for every alcoholic beverage – hydration helps!
- Switch to non-alcoholic beer! It can help you sleep better due to the hops!