



TIP #1

**Limit your drinks to just one
or two per day.**

Low amounts of alcohol can
lead to fewer sleep
disruptions.

**Based on the USDA's Dietary
Guidelines for Americans*



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TIP #2

**Stop drinking alcohol at least
four hours before going to
bed.**

Letting your body process the
alcohol before you to go
sleep will help you sleep
better.



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TIP #3

**Do not take sleeping pills
when you're drinking,
including melatonin.**

Sleeping pills, including
melatonin supplements, are
depressants. Combining them
with alcohol causes poorer sleep
and can be dangerous.



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**Binge drinking affects
your sleep quality,
even on nights when
you don't drink.**

Studies have found that people who binge drink weekly are significantly more likely to have trouble falling asleep and staying asleep.



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**After drinking, you
won't get as much
deep sleep as normal.**

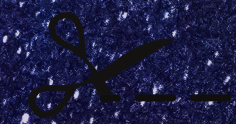
When you're drunk, you fall asleep quicker, but you don't sleep as deeply. You won't enter REM sleep, and you wake up often, making you feel tired and groggy the next morning.



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Drinking alcohol reduces melatonin production.

Melatonin is a naturally released chemical which regulates your sleep schedule and makes you feel tired at night. With less melatonin, you won't sleep as well.



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Sources:

- (1) U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
- (2) Cleveland Clinic. (2020, June 17). Why you should limit alcohol before bed for better sleep. Cleveland Clinic. Retrieved September 24, 2021, from <https://health.clevelandclinic.org/why-you-should-limit-alcohol-before-bed-for-better-sleep/>.
- (3) Pacheco, D. (2020, September 4). Alcohol and sleep. Sleep Foundation. Retrieved September 24, 2021, from <https://www.sleepfoundation.org/nutrition/alcohol-and-sleep>.
- (4) Fletcher, J. (2017, September 28). Melatonin and alcohol: Interactions, functions, and uses of Melatonin. Medical News Today. Retrieved September 24, 2021, from <https://www.medicalnewstoday.com/articles/319559>.
- (5) Monico, N. (2021, March 19). What are the effects of mixing sleeping pills and alcohol? American Addiction Centers. Retrieved September 24, 2021, from <https://www.alcohol.org/mixing-with-sleeping-pills/>.

Bulletin Board Layout

