

## CRACKING DOWN ON CAFFEINE



### How Much is Too Much?

Don't worry, I'm not going to tell you to give up coffee or your energy drinks. However, we will cover the daily recommended intake, what to watch out for in energy drinks, and how to make changes if you feel you are relying on caffeine to survive at work and at home. The recommended daily intake of caffeine is 400 milligrams. This equates to about 30-40 ounces of coffee. When dosing caffeine, try to keep beverages at or below 200 milligrams in a sitting. Zoom in on the image below to check out the caffeine content of your favorite Dunkin' beverages.

DUNKIN' CAFFEINE CONTENT				
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<b>HOT COFFEE</b>	<b>DECAF COFFEE</b>	<b>ICED COFFEE</b>	<b>COLD BREW</b>	<b>ESPRESSO</b>
SMALL: 180mg MED: 210mg LARGE: 270mg XL: 330mg	SMALL: 7mg MED: 9mg LARGE: 15mg XL: 18mg	SMALL: 190mg MED: 237mg LARGE: 294mg XL: 360mg	SMALL: 174mg MED: 206mg LARGE: 247mg	SMALL: 118mg DOUBLE: 237mg TRIPLE: 354mg
<b>AMERICANO</b>	<b>MACCHIATO</b>	<b>CAPPUCINO</b>	<b>LATTE</b>	<b>FROZEN COFFEE</b>
SMALL: 237mg MED: 284mg LARGE: 371mg	SMALL: 237mg MED: 284mg LARGE: 371mg	SMALL: 190mg MED: 237mg LARGE: 294mg	SMALL: 190mg MED: 237mg LARGE: 294mg	SMALL: 190mg MED: 237mg LARGE: 294mg
<b>CHAI LATTE</b>	<b>MATCHA LATTE</b>	<b>ICED TEA</b>	<b>GREEN TEA</b>	<b>BLACK TEA</b>
SMALL: 70mg MED: 90mg LARGE: 140mg	SMALL: 80mg MED: 100mg LARGE: 200mg	SMALL: 42mg MED: 62mg LARGE: 84mg	SMALL: 70mg MED: 90mg LARGE: 140mg	SMALL: 90mg MED: 100mg LARGE: 180mg
<b>REFRESHERS</b>	<b>HOT CHOCOLATE</b>	<b>ESPRESSO</b>	<b>FROZEN CHOCOLATE</b>	<b>COOLATA</b>
SMALL: 66mg MED: 96mg LARGE: 132mg	SMALL: 8mg MED: 12mg LARGE: 16mg	SMALL: 118mg MED: 237mg LARGE: 354mg	SMALL: 5mg MED: 6mg LARGE: 8mg	SMALL: 0mg MED: 0mg LARGE: 0mg

For the Monster Energy drink lovers, the typical black and neon green 16 ounce can of Monster Energy contains about 160 milligrams of caffeine, plus 56 grams of sugar—that's 13.5 teaspoons of sugar! You're not only getting the caffeine rush, but a sugar one too. This creates a spike in your blood glucose levels, creating the sugar rush feeling. And that awful sugar crash later on, on top of the caffeine crash. If you're looking for an energy drink, reach for one that doesn't exceed your daily caffeine amount and that is low in added sugar.

Zoom in on the image below to check out the caffeine and sugar content of your common energy drinks.

CAFFEINE IN ENERGY DRINKS			
INCLUDING CALORIES & SUGAR CONTENT			
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<b>3D</b> 200mg Caffeine 15 Calories 29g Carbs 0g Sugar	<b>ALANI NU</b> 200mg Caffeine 10 Calories 0g Carbs 0g Sugar	<b>BANG</b> 300mg Caffeine 10 Calories 0g Carbs 0g Sugar	<b>C4 ENERGY</b> 200mg Caffeine 0 Calories 0g Carbs 0g Sugar
<b>CELLSUS</b> 200mg Caffeine 10 Calories 29g Carbs 0g Sugar	<b>MTN DEW RISE</b> 180mg Caffeine 25 Calories 5g Carbs 3g Sugar	<b>MONSTER</b> 160mg Caffeine 230 Calories 58g Carbs 54g Sugar	<b>MONSTER ZERO SUGAR</b> 160mg Caffeine 10 Calories 10g Carbs 0g Sugar
<b>NOS</b> 160mg Caffeine 200 Calories 54g Carbs 0g Sugar	<b>REIGN</b> 300mg Caffeine 10 Calories 7g Carbs 0g Sugar	<b>RED BULL</b> 80mg Caffeine 110 Calories 27g Carbs 27g Sugar	<b>RED BULL SUGARFREE</b> 80mg Caffeine 0 Calories 0g Carbs 0g Sugar
<b>ROCKSTAR</b> 160mg Caffeine 250 Calories 63g Carbs 63g Sugar	<b>ROCKSTAR SUGAR-FREE</b> 160mg Caffeine 25 Calories 1g Carbs 0g Sugar	<b>ZEVIA</b> 120mg Caffeine 0 Calories 0g Carbs 0g Sugar	<b>ZOA</b> 80mg Caffeine 15 Calories 3g Carbs 0g Sugar

### Breaking the Habit

If you're starting to feel like you can't get through the day without 1-2+ caffeinated beverages, it may be time to find some alternate ways to make you feel more alert and energized. See below for some ideas on how to get long-lasting or quick energy!

- **Nappuchino!**
  - Drink 8 ounces of coffee and take a 20-minute nap.
- **The "Navy Seal Nap"**
  - Lay down with your feet elevated above heart level. Set a timer for 8-12 minutes, close your eyes and focus on your breathing. Click the link above for an article on how and why this works!
- **Exercise**
  - Exercise has been shown to increase dopamine (happy hormones) in the brain and can increase energy and alertness. Just walking on the treadmill for 20 minutes can help!
- **Treat your dehydration**
  - If you hit a slump at 1300-1400, you may actually be dehydrated. Try throwing a stick of Liquid IV, DripDrop, or other hydration supplement into your drink to replenish electrolytes and help boost energy levels.



### Dr. Kelsey Loftus

Certified Athletic Trainer  
MCFR Health & Injury  
Prevention

Did you know that you have someone working within MCFRS to provide you with quality injury care, injury prevention, and functional assessments to lengthen your time on the floor and keep you out of FROMS?

### IMPORTANT ANNOUNCEMENT!

Starting this year, all station visit requests will be submitted through the link attached to the QR code below. Any station in any battalion can sign up for a station visit with the choice of activities, now including:

- [In-station injury clinic](#)
- Trigger point release work
- Group instruction on prevention of common injuries (low back pain, shoulder immobility, or any area of your choosing!)
- And more!

**\*ALL APPOINTMENTS ARE SAFE AND CONFIDENTIAL AND CANNOT EFFECT YOUR ABILITY TO STAY ON THE FLOOR WORKING!**



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**CLICK HERE TO MAKE AN INDIVIDUAL APPOINTMENT!**

# Sleep Health Lineup Drill

***Sleep is the foundation for fire rescue health and wellness.***

What steps are you taking to make sure that you are getting the best sleep possible to feel your best and perform at your best. At work and at home.

## WHAT YOU CAN CONTROL

***As a first responder, you can't control when or if a call comes out. So, what can you control when sleep seems so out of control?***

### PUT DOWN THE PHONE

*Cut down on doom scrolling while in bed. Give yourself 30-60 minutes of time away from your device so your brain can disconnect before sleep.*

### KEEP AN EYE ON CAFFEINE

*Keep caffeine intake to the recommended 400 mg a day (3-4 cups of coffee). Cut off caffeine 10 hours before bed, or if you like the afternoon pick-me-up, aim for your last caffeinated beverage 4-5 hours before you get into bed.*

### BE MINDFUL OF YOUR SHIFT MEAL

*Heartburn! It can affect how you fall asleep and stay asleep. Try to eat your last and largest meal 2-3 hours before bed to keep you from experiencing heart burn or difficulties falling asleep.*

### SHIFT THE CULTURE AROUND NAPS

*Stop the hate around naps. If you or a shift mate needs that 20-minutes of rest, encourage it! You want yourself and your crew to operate at 100%, and even a 20-minute nap can help someone be more alert and productive. They're called "safety naps" for a reason.*

### ADDRESS THE STRESS

*Stress can be a factor on top of disrupted sleep that can put you into a vicious cycle of poor sleep habits. Treating your stress through exercise, breathing exercises, self-care, talk therapy, or just by having a hobby you look forward to can all help to reduce stress and make falling asleep and staying asleep easier.*

## OPTIONS WHEN 8 HOURS ISN'T POSSIBLE



### ***Nappuchino***

*Drink an 8-ounce cup of coffee and take a 20-minute nap to get an extra boost from your caffeine. Make sure to not go over 20-minutes or you will wake up groggy.*



### ***The Navy Seal Nap***

*Elevate your legs above heart level, lay flat and focus on your breathing. Set a timer for 9-12 minutes. This method is used by the military in times where sleep isn't possible so they can feel refreshed.*



### ***Post-shift 90-Min Nap***

*Once your relief arrives, set a timer for 90-minutes and get through a full cycle of sleep so you can make your way home alert, rested, and safely.*

## BUILDING THE PERFECT BUNK

### Is it cold?

- **For your body to fall asleep, your core temperature has to drop by 1 degree.**
- Ideal sleeping conditions are between 62-67 degrees Fahrenheit.
- Sleep in cool, dry clothing and sheets.

### Is it dark?

- **Even the little bit of light that peaks through a set of blinds can subconsciously keep your brain awake.**
- Cover all excess light or LED light-emitting devices/objects.
- Sleep with an eye mask.
- Set up black out shades or curtains on windows.

### Is it comfortable?

- **Your body and brain like routine and sometimes the change in sleep environment can be hard on your brain.**
- Have a similar or the same pillow, blankets, and sheets on bunk as you have at home.
- Comfortable = familiar!

### Do you have a routine?

- **Kids, calls, and just life can make keeping a routine difficult. But, trying to get into bed at the same time at work and at home can help to trick your brain into expecting sleep.**
- Try to get into bed between 9pm-10pm at home and at work.

