



Kaffe

Å avvente med kaffe i 60-90 minutter etter en har stått opp på kan forbedre/stabilisere energinivåene gjennom dagen, forhindre ettermiddagskræsjen, og gi bedre søvn.

Å drikke vann først er bedre for å kickstarte dagen uten å forstyrre kroppens naturlige våkning.

Å vente med kaffe tillater søvn-hormonet adenosin å bygge seg opp, som gjør kaffeinet mer effektivt når det benyttes.

Søvnforskere anbefaler å slutte å drikke kaffe ca 10-12 timer før du skal legge deg. Fordi halvveringstiden

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Delaying coffee for 60-90 minutes after waking can enhance your energy levels and sleep quality. During this time, cortisol peaks naturally, helping you feel more alert. Consuming caffeine too early can disrupt this process and lead to an afternoon energy crash[2][4].

Additionally, waiting allows adenosine, a sleep-regulating hormone, to build up, making caffeine more effective when consumed later[1][5]. Hydrating with _water first_ is recommended to kickstart your system without interfering with natural wakefulness[2][4].

Drinking caffeine too soon can interfere with this process, leading to reduced effectiveness of cortisol and potentially causing a rebound effect where energy levels dip significantly once the caffeine wears off[3]. This disruption can result in a more pronounced afternoon energy crash and may necessitate additional caffeine consumption later in the day to maintain alertness[3].

Cortisol levels naturally peak shortly after waking, known as the cortisol awakening response (CAR), which helps increase alertness and prepare the body for the day.

Drinking coffee immediately can interfere with this natural peak because caffeine inhibits cortisol reduction, potentially disrupting the body's natural rhythm and reducing the effectiveness of cortisol's alertness-boosting effects.

Inhibiting cortisol reduction is problematic because it can disrupt the body's natural hormonal balance and feedback mechanisms. Cortisol, a hormone released by the adrenal glands, plays a crucial role in managing stress, regulating metabolism, and maintaining blood pressure[2][3]. Normally, cortisol levels peak in the morning and decrease throughout the day. If caffeine or other factors interfere with this natural decline, it can lead to consistently elevated cortisol levels, which may contribute to stress-related symptoms and health issues like high blood pressure and weight gain[5][6].

Citations:

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