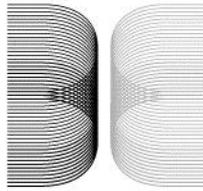


## Bipolarity

Suite 1902, Level 19, Westfield Tower 2  
101 Grafton St, Bondi Junction NSW 2022  
Appointments: 02 9389 4421  
www.bipolarity.com.au



### **Are stimulants sabotaging your Mood & Sleep?**

Along with external stimulants there are several internal stimulants that you should try to avoid due to the effect on your mood AND more importantly your sleep.

The following foods and beverages contain caffeine, sugars, and chemicals that may affect the way you relax, think, and feel. This does not mean that you have to eliminate these substances from your diet entirely. It means that you should limit them or avoid them in the evenings after your last meal of the day.

People sometimes can be consuming more of these substances than they are aware – so take some time now to understand the impact and levels of consumption you may be ingesting.

### **Common Dietary Stimulants**

**Caffeine** affects everyone differently but is generally considered a stimulant that increases your heart rate and wakens your mind and body. Try to have your last beverage that contains caffeine by midday. Caffeine can be found in drinks other than coffee. This includes colas, non-herbal teas, and chocolate drinks. Even green tea has some caffeine in it.

- Espresso, Single Shot - 29-100 mg (often around 75 mg)
- Espresso, Double Shot ([Doppio](#)) - 58-185 mg (often around 150 mg)
- Decaf Espresso, Single Shot - about 8 mg
- Decaf Espresso, Double Shot (Doppio) - about 16 mg
- Nespresso Espresso Capsules - 55-65 mg
- Nespresso Lungo Capsules - 77-89 mg

Caffeine works by stimulating the adrenal glands. This sets off your body's "crisis mechanism". Your body is prepared for action. Glycogen (glucose) is released into your blood stream to get your muscles ready for action. Your blood sugar level is raised, your metabolism (food burning) is sped up and you are in a state of arousal for about 2 hours. Your blood sugar level remains high for about one hour then drops rapidly. After the first half hour of your blood sugar dropping it is plunged to below normal level. When your blood sugar is low you feel hungry, it makes it difficult to concentrate, and you feel anxious and may even experience caffeine withdrawal symptoms such as

headache , shakiness, paranoia, depression. Continued overstimulation of your adrenal gland by caffeine will result in chronic weariness and fatigue (Cooper & Smart, et. Al, 1984).

**Chocolate** contains both caffeine and enormous amounts of sugars. Your body reacts to sugar much as it does to caffeine. It stimulates your body and mind for a short period of time (chemical reaction needed here). Try to avoid chocolate in any form at least two to three hours before bed.

- Slim-Fast Chocolate Beverages (1 serving) - 20 mg
- Dark Chocolate (1 oz) - 20 mg
- Milk Chocolate (1 oz) - 6 mg
- Chocolate Milk (8 oz) - 4 mg
- White Chocolate (1 oz) - 0 mg
- Yoo-Hoo (8 oz) - 0 mg

**Soft Drinks** contains huge amounts of sugar and **colas** have the added impact of caffeine. The carbonation of pop drinks can cause, bloating and stomach gas which can create discomfort. Try to eliminate soda beverages from your evening diet.

- Pepsi Max/Diet Pepsi Max - 69 mg
- Pepsi-Cola/Pepsi Twist/ - 37.5 mg
- Diet Pepsi - 36 mg
- CocaCola Zero / Mello Yello - 35 mg
- CocaCola Classic/Cherry Coke/Lemon Coke/Vanilla Coke - 34 mg
- Diet Coke - 30.4 mg

**Energy Drinks** are the worst offenders being very high in caffeine and sugar. You should not ever drink energy drinks if you have a mood disorder. Avoid these at all costs.

- Enviga (12 oz) - 100 mg
- Full Throttle (16 oz) - 144 mg
- Jolt (12 oz) - 71.2 mg
- Monster Energy (16 oz) - 160 mg
- No Fear (8 oz) - 83 mg
- No Name (formerly known as "Cocaine;" 8.4 oz) - 280 mg
- Red Bull (8.4 oz) - 80 mg

**Alcoholic beverages** should be avoided before bed. Alcohol may make you drowsy and cause you to fall asleep easily. However, you may find yourself waking during the night feeling dehydrated and have difficulty falling asleep again. Although an evening glass of wine may relax you, it is not something you want to become dependent upon as a sleep aid. This could lead to a

reliance on alcohol to signal your body that it is time for sleep, thus leading to addiction.

People who regularly consume several alcoholic drinks each evening frequently wake up at the end of each sleep cycle and have difficulty falling asleep again.

A mild dependency on alcohol will disrupt half of the night's sleep resulting in loss of total slow wave sleep. Continued drinking leads to erratic changes in sleep. Slow wave sleep is thought to be related to immune functioning. You will also find you need to increase from "1 night cap" to more to bring about sleep.

**Smoking (Nicotine)** can signal your body to wake during the night as your body's need for nicotine increases toward the morning hours. If at all possible try to reduce the amount you smoke before bed. Your goal is not only to fall asleep naturally, but also to remain asleep for the entire night.

Nicotine, like caffeine, turns on your body's "fight or flight" mechanism. It triggers the release of catecholamines and other adrenal glands that stimulate the body's arousal level, and raises the heartbeat rate and blood pressure. It only initially relaxes you before the arousal process starts.

Studies conducted at various sleep centers confirm that by stopping smoking night time awakening will decline and sleep generally improves on giving up.

If you smoke before bed – you are immediately relaxing but shortly afterwards you will be aroused.

Smoking interferes with the quality of sleep you will have and therefore you are more likely to wake up feeling tired.

If you smoke and drink caffeine and want to quit – stop caffeine before cigarettes because caffeine intensifies nicotine withdrawal.

Jo Leidreiter  
Registered Psychologist  
Bipolar & Mood Disorder Specialist

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