A long time computer professional Amita Vadlamudi spends time reading and researching into various subjects. They could be as practical as causes and remedies to many common everyday problems such as insomnia.

While there are many reasons for insomnia, caffeine consumption could be one of the common culprits. Caffeine is a stimulant that works on the central nervous system. It increases alertness, improves mental focus and concentration and relieves tiredness. For many people in America, the day does not start until they have their morning cup of coffee.  They need the jolt from the coffee to wake up and stay alert. While coffee may be a good thing to start the day with, it is very bad to end the night with.

There is about 100 mgs of caffeine in each 8oz of coffee. Tea has much less – about 30 mgs in an 8oz cup. Be aware that decaffeinated coffee and tea are not totally free of caffeine. Decaffeinated coffee could contain as much as 10mgs of caffeine per an 8oz cup and tea about 5mgs. Of course coffee and tea are not the only beverages containing caffeine. Most sodas do. A can of 12oz Coke or Pepsi contain about 35 mgs of caffeine. Energy drinks have high concentration of caffeine.

To avoid insomnia and get restful sleep, stop any caffeine consumption about 6 hours before bedtime. For instance if you normally go to bed at 10 pm, stop any caffeine intake by 4pm.