

# Caffeine cutoff card.

Print one A4 → cut along the gridlines → 4 wallet-sized cards. The middle column (Avg) covers most adults. Use Fast or Slow if you've had a CYP1A2 gene test.

## CAFFEINE CUTOFF

V1

Last cup, by bedtime.

BED	FAST	AVG	SLOW
9:30 PM	3:30 PM	1:00 PM	10:30 AM
10:00 PM	4:00 PM	1:30 PM	11:00 AM
10:30 PM	4:30 PM	2:00 PM	11:30 AM
11:00 PM	5:00 PM	2:30 PM	12:00 PM
11:30 PM	5:30 PM	3:00 PM	12:30 PM
12:00 AM	6:00 PM	3:30 PM	1:00 PM

**Avg = 5h half-life.** Don't know your type? Use Avg. CYP1A2 gene test (23andMe, Ancestry) tells you which column.

[sleepyhero.com/tools/caffeine-cutoff](https://sleepyhero.com/tools/caffeine-cutoff)

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**Why these times?** Caffeine has a 5-hour half-life on average. Cutting off 8.5h before bed leaves <25% in your bloodstream at lights-out — the threshold above which deep sleep gets fragmented even when you fall asleep fine.