Energy Drinks vs. Sleep

Hunrosa

What Young People Need to Know

01 What's in the Can?

- **Mega caffeine** (up to 3 coffees in one can!)
- Loads of **sugar** or **artificial sweeteners**
- Extra **stimulants** (guarana, taurine, ginseng)

02 How they mess with your sleep

- Harder to **fall asleep**
- **Shorter** sleep time
- Lighter, **less restful sleep**
- Throws off your **body clock**

03 Why sleep is your superpower

- Boosts **memory** & **learning**
- Helps your body **grow & recover**
- Lifts **mood** & **focus**
- Powers your **sports**, **school**, and **social life**

04 The Risks Add Up

- Tired all day → less focus at school & driving danger
- More **stress**, **anxiety** and **headaches**
- Heart palpitations, stomach issues
- Long-term **sleep troubles**

05 Smarter Energy Boosts

- **Hydrate** – water beats caffeine
- **Healthy snacks** keep you going
- **Move your body** – even a quick walk helps
- Stick to a **sleep routine**

Please do feel you can reach out and chat to one of our team, if you are not sure where to start.

Email us: **info@hunrosa.co.uk**

Call us: **+44 1579 519990**

Chat to us... we would love to connect for 15 minutes on Zoom.

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Fact: Energy drinks don't give you energy – they steal it from tomorrow