



According to the National Sleep Foundation, being awake for more than 20 hours is equal to having a blood-alcohol concentration of .08—the legal limit for intoxication in Oregon. It's important to **pay attention to your sleep patterns**. Be sure you have a cool, dark, and distraction-free sleep environment, and layer your blankets. And you should avoid stimulants, such as caffeine and nicotine, in the afternoon and evening.

### Caffeinate responsibly

For most people, the amount of caffeine in two to four cups of coffee a day is not harmful, according to the National Institutes of Health. However, some people are more sensitive to caffeine's effects. Need to cut back on caffeine? You can do so gradually. Switch to a smaller size cup, and try filling half your cup with decaf. Tea generally has less caffeine than coffee.