Coffee, Sleep and Wakefulness: Research Trends

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SUMMARY

The demands of the 24-hour economy may cause a severe disturbance of the wake-sleep cycle. The consequences are increased fatigue and sleepiness and impaired performance and health. Caffeine offers the possibility to stay awake, to ameliorate fatigue and to improve alertness and performance during work and leisure time activities done at irregular times. In long lasting work situations Slow Release Caffeine, bright light or naps form alternative possibilities to cope with the negative consequences of irregular sleep-wake schedules.