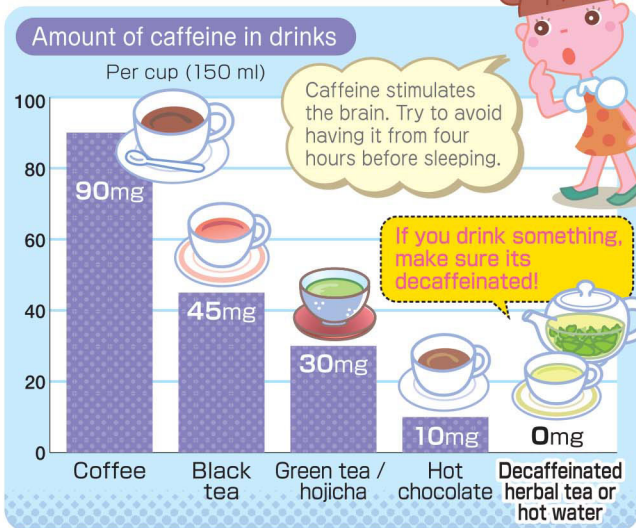


For a good night's sleep, be careful what you drink!



Lack of sleep or poor-quality sleep increases your risk of lifestyle diseases. While it is also essential to get moderate exercise and to eat a good breakfast, it is important to avoid consuming caffeine before bedtime, drinking a nightcap instead of taking sleeping pills, and smoking.

Avoid caffeine before bedtime!



Note The exact amount of caffeine depends on factors including type of beverage, brewing method, and tea leaves.

Don't depend on nightcaps!



References: "A Book to Relieve Insomnia" (By Kazuo Mishima / Houken / 2015); Standard Tables of Food Composition in Japan - 2015 (Seventh Revised Edition)

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
 (English version)!

The website is available in English. Please be sure to read it.



Click "English"
 at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

