



About Coffee & Sleep Science

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Caffeine half-life, the adenosine system, when to stop drinking before bed, and the relationship between coffee and sleep quality.

Coffee & Sleep Science is one of the specialized volumes in *The Coffee Encyclopedia* — a growing reference library that covers every dimension of coffee from seed to cup. This introductory article sets out the scope of the book and what readers can expect as new full-length articles are added.

What this book covers

- Caffeine half-life
- Adenosine system
- When to stop drinking before bed
- The relationship between coffee and sleep quality
- Cross-references to related books across the encyclopedia

How this book fits

This book belongs to our *Coffee & Health* shelf — caffeine science, nutrition, wellness, and evidence-based consumption. Each article is written to stand on its own, then

cross-linked as coverage deepens — so you can read start-to-finish for a structured tour, or jump directly to a specific sub-topic when you need a focused answer.

The Coffee Encyclopedia is an educational project preserving and sharing coffee knowledge. The goal is full, well-sourced coverage — not quick surface-level summaries — which means new articles are written deliberately, one topic at a time.

Who this book is for

Whether you're a curious beginner encountering this subject for the first time, a home enthusiast looking to go deeper, or a working professional sharpening your craft, this book is written to meet you where you are. Articles range from approachable overviews to technical deep-dives, with practical guidance alongside the science and history. No prior experience is assumed — every article starts from first principles and builds from there.

This article is being expanded

You're looking at the starter article for **Coffee & Sleep Science**. Full-length articles covering each of the sub-topics listed above are being added regularly. Bookmark this page and come back — or browse the [full book list](#) to discover the ~250 other volumes in the encyclopedia.

If you have a specific question about this subject that you'd like answered in a future article, we'd love to hear from you.

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