UCM Hyde Park Campus
Restaurant Hours for Week of November 25th, 2019

Sky Café – 7th Floor CCD
Open 24 hours, 7 days a week – Grill closed daily 4 am – 5:30 am
Thursday Thanksgiving Day – Open 24 Hours

Billings Café – Basement of Mitchell Hospital
6:00 am – 2:00 pm – Monday through Wednesday
Thursday Thanksgiving Day, CLOSED
Friday November 29, 2019, CLOSED

Central Café – 2nd Floor DCAM
6:30 am to 5:30 pm – Monday through Wednesday
Thanksgiving Eve Holiday Meal, Wednesday Nov 27th, 11:30 pm – 1:30 am
Thanksgiving Day Holiday Meal, Thursday Nov 28th, 11:00 am – 2:00 pm & 4:00 pm – 6:00 pm

Qdoba – 1st Floor CCD, East Side
11:00 am to 7:00 pm – Monday through Wednesday
Thursday Thanksgiving Day, CLOSED
Friday November 29, 2019, CLOSED

Starbucks – 1st Floor CCD East Side
6:00 am to 9:00 pm – Monday through Wednesday
Thursday Thanksgiving Day, Closed
Friday November 29, 2019 – 6:00 am – 3:00 pm
7:00 am to 3:00 pm – Saturday – Sunday

Au Bon Pain - 1st Floor Comer Children’s Hospital
7:00 am to 3:00 pm Monday through Wednesday
Thursday Thanksgiving Day, CLOSED
Friday through Sunday, CLOSED

Au Bon Pain – 2nd Floor Mitchell Hospital
Open 24 hours on Monday November 25th
Tuesday, November 26th Closing at 11:00 pm
Wednesday, November 27th, Open 6:00 am to 11:00 pm
Thursday Thanksgiving Day, CLOSED
Friday and Saturday, Open 6:00 am to 11:00 pm
Sunday, Open from 6 am and resuming 24/7 Regular Hours
Nourish App will work at the following food outlets:

- CCD East 1st Floor
  - Starbucks
  - Qdoba
- CCD South East 7th Floor
  - Sky Café
  - Sky Café Peet’s Coffee

ABP Pick Up:
- Mitchell Hospital 2nd Floor Only
Staff Thanksgiving Day Meals

Wednesday, November 27, 11:30 p.m. – 1:30 a.m.
Thursday, November 28, 11:00 a.m. – 2:00 p.m. & 4:00 p.m. – 6:00 p.m.

All meals will be served in Café Central – DCAM 2nd floor

This special Thanksgiving meal will be provided free of charge to all workers on the Hyde Park Campus (with a valid identification badge) on all shifts.

For more information, please contact HR Services at HRServices@uchospitals.edu, ext. 2-2355.
Spilling the Beans on Stress & Caffeine

- One 8-oz cup of coffee provides an average of 95mg caffeine
- 16-oz "grande" cup of Starbucks coffee = 330 milligrams of caffeine per cup

**DAILY RECOMMENDED INTAKE**

*up to 400 mg*

**STATS**

- 50% of American Adults consume 300mg of caffeine in a day
- 90% of American Adults consume caffeine in some form

**OPTIMAL AMOUNT OF CAFFEINE FOR STRESS**

- In order to improve stress, mood, and cognitive function, benefits of caffeine intake are seen with intakes between 38 mg-400 mg per day, which is equivalent to 1-8 cups of tea and 1/2 - 4 cups of coffee.
- Greater intakes may be associated with anxiousness, headache, insomnia, nervousness, and irritability.
- Those that habitually drink coffee may be less affected by the amount of coffee consumed per day

**OTHER WAYS TO REDUCE STRESS**

- Meditation, Exercise, 7-8 hours of sleep, and socializing with peers may help to reduce stress
- Consuming coffee prior to exercise may help to improve performance and energy levels

**OPTIMAL TIME TO CONSUME CAFFEINE**

- Consume coffee in the mid-morning hours or two hours after waking up to avoid interference with higher cortisol levels.
- Caffeine can reduce productive sleep up to six hours after consumption.
- Try to avoid consuming caffeine after 3:00 pm to promote better sleep.
- The best times to consume coffee according to cortisol levels are 9:00 am - 11:00 am and 1:00 pm - 3:00 pm.

**References**

4. Christopher D., Timothy R., John S., & Thomas, R. (2013). Caffeine Effects on Sleep Taken 0, 3, or 6 Hours before Going to Bed Journal of Clinical Sleep Medicine, 9(11)