

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

made for you.

Order ahead with Nourish.

“Nourish Ordering” in the App Store
or text **NOURISH** to **99299**



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

au bon pain.

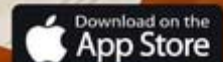
ORDER AHEAD WITH ABP PICKUP



ABP Pick Up:

- Mitchell Hospital
2nd Floor Only

GET THE APP



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.*



AT THE FOREFRONT
**UChicago
Medicine**

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

1. Ruxton, C. H. S. (2008). The impact of caffeine on mood, cognitive function, performance and hydration: a review of benefits and risks.
2. The Food and Drug Administration. (2018). Spilling the Beans: How Much Caffeine is Too Much? Retrieved from <https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much>
3. Land JD, Adcock RA, Williams RB, Kuhn CM. Caffeine effects on cardiovascular and neuroendocrine responses to acute psychosocial stress and their relationship to level of habitual caffeine consumption. *Psychosom Med.* 1990. May-Jun;52(3):320-36.
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)
5. Lovallo, W. R., Whitsett, T.L., Al'Absi, M., Sung, B. H., Vincent, A. S., & Wilson, M. F. (2005). Caffeine stimulation of cortisol secretion across the waking hours in relation to caffeine intake levels. *Psychosomatic Medicine*, 67(5),734-739
6. Clark, I., & Landholt, H.P. (2017). Coffee, caffeine, and sleep: A systematic review of epidemiological studies and randomized controlled trials. *Journal of Clinical Sleep Medicine*, 31, 70-78



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