

Caffeinate with Caution

What is caffeine?

- Caffeine is a natural stimulant found in coffee, tea, chocolate, energy drinks, and some medications
- It is known for boosting alertness by stimulating the central nervous system. Caffeine does not replace the benefits of sleep, but in moderations can help students stay alert and focused

How Does Caffeine Work?

- When caffeine is consumed, it blocks adenosine receptors in the brain which are responsible for making you feel sleepy.
- This helps increase dopamine level (aka the "feel-good" hormone), temporarily improving mood and focus.

How much caffeine is safe?

- 400 mg per day (about 4 cups of coffee) is generally considered safe for most healthy adults
- Pregnant women, teens, and those with certain health conditions should limit their intake
- Consult with your doctor to discuss what is the correct amount of caffeine for you!



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Signs of too much caffeine:

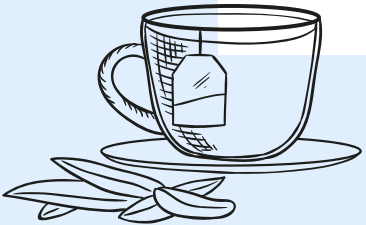
- Jitters/restlessness
- Increased heart rate or palpitations
- Trouble sleeping or insomnia
- Anxiety or nervousness
- Digestive issues (such as an upset stomach)

Tips for managing caffeine intake:

- Keep track of how much caffeine your consuming by making sure to read product labels
- Avoid caffeine late in the day
- Stay hydrated by making sure to drink water alongside caffeinated beverages
- Balance caffeine with nutrition by consuming balances meals to avoid crashes and the jitters

Quick Facts:

- 1 cup of coffee = ~95 mg of caffeine
- 1 cup of decaf coffee = ~5 mg of caffeine
- 1 can of soda = ~35 mg of caffeine
- 1 energy drink = ~80-160 mg of caffeine (make sure to read the label!!
- Dark chocolate (1 oz) = ~23 mg of caffeine



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