



Fatigue Reduction: Caffeine

What is caffeine

Caffeine is a stimulant found in coffee, tea, cola and some other fizzy drinks like energy drinks. There's even some caffeine in green tea and chocolate, especially dark chocolate.

How does it affect me?

Drinking caffeine can give you a boost of alertness when you really need it. You can even have a 'nappuccino' – this is where you drink some caffeine and have a 15-20-minute power nap. But caffeine is not a cure for fatigue. It just covers the fatigue up for a little while. So it's important not to rely on caffeine or make it into a habit.

Most people are fine drinking 4–5 cups of coffee or tea a day, as long as you don't drink it within four hours of bedtime. But if you are sensitive to caffeine or suffer from palpitations, then you need to be careful.

You should try to keep below 250mg of caffeine each day. How much do you drink?

Item	Typical caffeine content
Cup of instant coffee	25-102mg
Cup of brewed coffee	115-250mg
Cup of tea	25-70mg
Bottle of cola	46mg
Can of energy drink	80mg+



Caffeine Tips

You don't have to cut out caffeine completely. You can improve your sleep by changing how much of it you consume and when you have it.

- Don't drink coffee close to bed-time.
- Try taking the tea bag out a little earlier to reduce the caffeine content of your brew.
- Mix decaffeinated instant coffee with regular instant coffee to produce a mix with a lower caffeine content.
- Alternate between decaffeinated and regular tea bags, making sure any evening teas are made with the decaffeinated option.