



CAFFEINE

What is it?

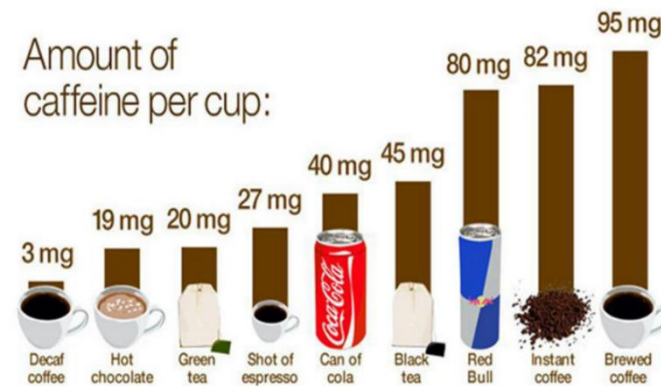
Caffeine is the most common mood-altering drug in the world. It is a mild stimulant that affects the central nervous system. It can be found in many products such as tea, soft drinks, energy drinks, and some over-the-counter medications. According to the National Institute of Health, adults shouldn't consume more than 400mg of caffeine per day. Three to four cups of tea or coffee is considered moderate consumption and won't harm you.

What is the Effect on You?

Regular consumption can result in physical dependence where abstinence can lead to withdrawal symptoms such as depressed mood, headaches, irritation, anxiety, fatigue and difficulty concentrating. Excessive consumption can produce physical side effects like tremors, anxiety, insomnia, and could result in a "crash" of extreme fatigue once the effects start to wear off.

Effect on Sleep

Consuming caffeine later in the day can interfere with sleep. Most individuals will not be affected if they don't consume caffeine at least six hours before going to bed, however, sensitivity may vary depending on metabolism and the amount of caffeine regularly consumed. People who are more sensitive may not only experience insomnia but also have caffeine side effects of nervousness and gastrointestinal upset.



Managing Your Consumption

Though excessive consumption can impact sleep, it doesn't mean you need to cut out caffeine completely. Instead, you can manage what you drink throughout the day:

- Don't drink coffee close to bed-time. Studies show that 6 hours after drinking coffee, it can still impact on ability to get to sleep.
- Use a smaller mug. When we fill up a cup, we're tempted to fill it up to the top to give ourselves more. When given a choice between a larger and a smaller mug, choose the smaller one to give yourself the illusion that you're drinking more.
- Reduce caffeine intake as the day progresses. You are more likely to feel like you need caffeine early in the morning when you are possibly feeling lethargic and need a boost. Later in the day try to wean yourself off the caffeine by opting for tea or decaffeinated coffee instead so your body can be caffeine-free by evening.

Stay Alert, Stay Safe

[Find out more on Yammer or the Fatigue Reduction site](#)

