

# WHAT'S THE BUZZ ABOUT CAFFEINE?



**Caffeine is a chemical that affects your brain:**

- Blocks signals for relaxation and rest
- Increases stress signals
- Can stay in your system for up to 10 hours!



**The pros: Caffeine can...**

- Promote alertness and focus
- Make your heart beat faster and make you feel more energetic
- Improve sports performance



**The cons: Caffeine can...**

- Decrease how much and how well you sleep
- Make you feel jittery and increase anxiety
- Cause indigestion, diarrhea, or nausea
- Become addictive, with more and more required to achieve the same effects

**So... How much is too much?**

- The American Academy of Pediatrics actually says **NO** to caffeine for teens. There's not enough research to show how it impacts growing bodies and brains.
- At most, teens should limit caffeine consumption to **85-100 mg a day**.
- If you need caffeine to stay awake, you might not be getting enough food during the day or sleep at night.



## WHAT'S IN YOUR CUP?



NOTICE HOW YOU **FEEL**  
IN YOUR BODY AND BRAIN

