



# Education & Outreach Moment

NSF PHASE I CENTER FOR ADAPTING FLAWS INTO FEATURES

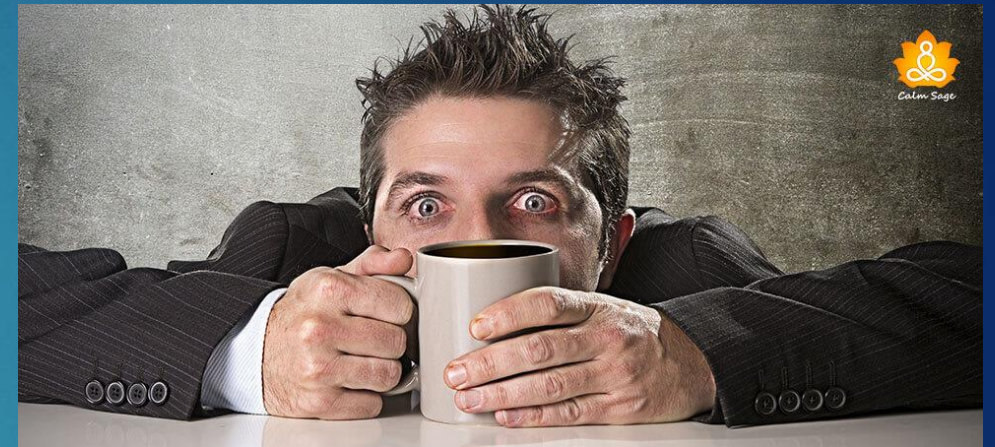
[NSFCAFF.ORG](http://NSFCAFF.ORG)



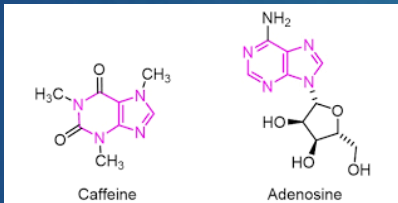
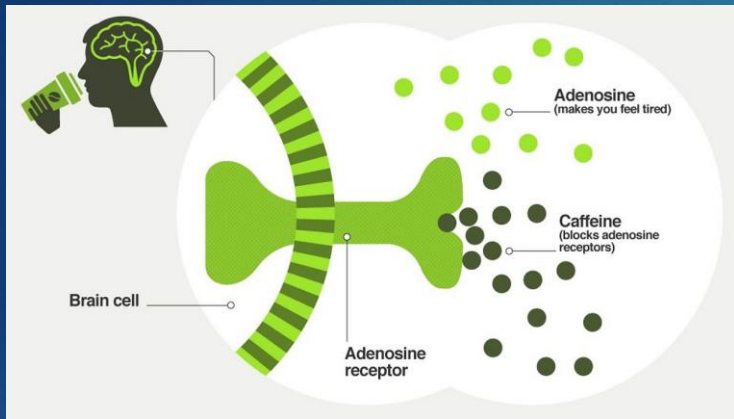


# Am I Addicted to Caffeine?

- One of the widely consumed drugs, worldwide, caffeine acts as a stimulant to our central nervous system. Caffeine helps in producing energizers and activates alertness in our brain. In the United States, coffee and soft drinks are top sources of caffeine while in Africa and Asia, caffeine can be found mostly in tea.
- In many studies, it was found that caffeine helps improve mood, relieve headaches, reduce risks of major medical concerns such as stroke and Alzheimer's. However, too much caffeine can have adverse effects too.
- When your consumption of caffeine begins to endanger your health, mentally and physically, that's when it becomes concerning. While caffeine addiction is not officially in the DSM-5, **caffeine intoxication, caffeine withdrawal, caffeine-related anxiety, and caffeine-related sleep disorders are all recognized officially in the DSM-5.**



# How Much Caffeine is Too Much?



Caffeine Death Calculator




Enter a Drink  
Americano Coffee

Your Weight  
167  Pounds  Kilos

**Calculate**

DAILY SAFE MAXIMUM  
Your maximum is **3.0** cups per day.  
Based on 12 fl oz serving.

⚠ LETHAL DOSAGE  
74.0 cups of [Americano Coffee](#) is a lethal dose.



\*Applies to age 18 and over. This calculator does not replace professional medical advice ([disclaimer](#)).

400 mg



30-40 mg  
12 oz

30-50 mg  
8 oz

80-100 mg  
8 oz

40-250 mg  
8 oz



# Safety & Fun Facts



- The world's first single-serving espresso machine was patented in 1901.
- Decaf coffees still contain some caffeine (2-15mg/8oz)
- Over-consuming caffeine can cause:
  - Insomnia, jitters, anxiousness
  - Fast heart rate, upset stomach, nausea
  - headache or a feeling of unhappiness
- Coffee is not a substitute for sleep
- Stopping abruptly can cause withdrawal symptoms.



*"If you feel you may be experiencing caffeine addiction or caffeine dependence, the first step you need to take is to become aware of your habits and take steps to change your caffeine habits. Quitting caffeine suddenly can be harmful. Make sure you quit caffeine slowly. Try switching to one cup of coffee instead of two or more a day, switching caffeinated products with caffeine-free ones, or switch to herbal tea or water more than caffeine. Cutting back on caffeine, gradually, can help you control your caffeine addiction." - Swarnakshi Sharma*