

A Time

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CAFFEINE?



Stimulating?

Indeed!

While most military personnel know caffeine is a stimulant, they don't realize how long its effect lasts.

Consider all sources of CAFFEINE

33.2% of active duty personnel consume *at least* 2 caffeinated drinks per day.

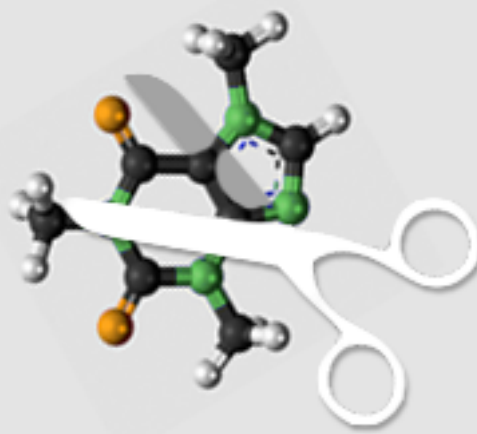
Across all 5 Services, 11% of personnel use weight loss products, most of which include caffeine.

1.6% of Service members use caffeinated smokeless tobacco.

(DoD, 2013)

Caffeine Half Life

5-6 hours is the time it takes your body to eliminate **1/2** of any consumed caffeine.



Example

12:00pm
30mg
caffeine



5:30pm
15mg
caffeine

This *half life* varies widely depending on age, body weight, current medication, pregnancy, & liver health.

Resource Links:

Click on any of these links for more information.



Caffeine Chart at Center for Science in the Public Interest (CSPI) webpage



Caffeine Chart as PDF from CDP Portal



Sleep Hygiene Video

REFERENCES:

DoD (2013). 2011 Department of Defense Health Related Behaviors Survey of Active Duty Military Personnel. Available as PDF [here](#).

Institute of Medicine (2001). Pharmacology of caffeine. In Committee on Military Nutrition Research, Food and Nutrition Board, *Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations*, pp. 25-32). Washington, DC: National Academies Press. Available [here](#).

