

## Overview

Caffeine is a stimulant of the central nervous system. It increases alertness and enhances concentration. Caffeine from tea, coffee, energy drinks, or soda can cause caffeine dependency if it becomes a daily habit.

People who regularly consume caffeine grow accustomed to the awakening effect it produces and eventually need larger doses to get the same "caffeine fix." If someone consumes caffeine daily, they will eventually develop a tolerance, just like they would with other narcotics like alcohol. This results in eventually wanting greater amounts of caffeine to achieve the same level of alertness.

The incapacity to carry out daily tasks without caffeine is a symptom of caffeine dependency. Headaches, irritability, nervousness, mood swings, and impatience are some of the symptoms. Anxiety, acid reflux, stomachaches, nausea, muscle twitching, and muscle soreness are examples of its physiological effects. These symptoms often begin 12–24 hours after quitting caffeine, peak 20–51 hours later, and linger for 2–9 days.

As their brains may become more dependent on caffeine, the brain's chemistry and physical characteristics change over time. To stay in balance, the brain cells will start to produce more adenosine receptors. Because the brain contains more adenosine receptors, it takes more caffeine to block a major portion of them and provide the same effect. This shows how tolerance to caffeine develops.

Caffeine addiction is widespread and can result in unhealthy effects on your body. People can change their habits by making sensible decisions, including consuming no more than one or two cups each day. Another adjustment you can make is to replace your typical caffeine-containing beverage with one that is caffeine-free. People with co-occurring mental health conditions are more prone to develop a caffeine addiction, which makes quitting more difficult. Speaking to a therapist about possible treatments is also an option if someone is addicted to caffeine.

## Sources:

Chaunie Brusie. (2017, July 15). *What happens after I cut off caffeine?* Healthline. <https://www.healthline.com/health/caffeine-withdrawal#lower-your-dependence>  
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