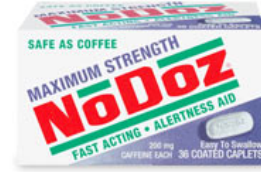


## CAFFEINE CONTROL



Many college students rely on caffeine—from coffee, to soda, to NoDoz, to energy drinks—without realizing the effect it can have on their learning and retention!

While it is the world's most popular stimulant, it does make a person feel awake and energetic, and it can help with concentration, digestion, and circulation—**caffeine is not without risk**. What is the down side? Too much caffeine can cause an overstimulation to your body and your brain. Too much of this "good thing" can cause you to be jumpy, affect your sleep, and increase anxiety levels. Whereas a little bit might have helped you to concentrate while studying for the big test, **too much caffeine can actually make the testing experience more stressful!**

Coffee and other caffeine products have long been used by college students to pull "all-nighters" or just to prevent falling asleep in an open book. However, caffeine doesn't eliminate your need for sleep; it just reduces the sensation of being tired. Eventually, you will have to make up for that loss of sleep. Hopefully, it won't happen while you're taking a test. If you choose to use coffee as a study aid, monitor your sleep patterns and how you feel throughout the day before making it a regular habit.

Obviously, caffeine will have different effects on different people. **The bottom line?...Enjoy in moderation, and don't count on Red Bull to improve your performance on homework or in exams.** If you find yourself reaching for it more and more often, perhaps you just need to work on [time management](#).

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