

Energy



drinks



can do



What ?!



High levels of Caffeine often cause...



**34 mg of
caffeine**

- panic attacks
- anxiety
- increased blood pressure
- bowel irritability
- gastrointestinal problems
- insomnia

Vs.



**160 mg of
caffeine**

Vicious cycle

“I’ll drink an energy drink to stay awake”



“Finally tired,
but I have
class/work”

“I have time to sleep now,
but I’m all
jittery from the
caffeine”



Did you know...

Energy drinks do not
rid you of fatigue, they merely mask it



- 17 hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol-level of 0.05%

- 18 to 24 year-olds deprived of sleep suffer more from impaired performance than older adults.

- The National Roads & Motorists Association estimates fatigue is involved in 1 in 6 fatal road accidents.

ALCOHOL + ENERGY DRINKS causes a worse hangover than any other type of drink because energy drinks dehydrate the body just like alcohol does



Alcohol & Energy Drinks



Energy drinks mask the effect of feeling intoxicated.

“Fatigue is the body's way of saying it's had enough to drink and it's dangerous to continue to try to fool your body that you're not as drunk as you really are.”

-Steven Clarke, director of the College Alcohol Abuse Prevention Center