CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Caffeine use: intoxication and withdrawal

Excess caffeine can lead to intoxication (nervousness, insomnia, tachycardia) and abrupt withdrawal, withdrawal (headache, fatigue, irritability).

COMMON SIGNS

- Nervousness, palpitations or insomnia
- Headache when going without it
- High intake of coffee or energy drinks

TIPS FOR YOU

1. Cut down gradually to avoid withdrawal
2. Avoid caffeine in the afternoon
3. Be careful with energy drinks

FOR FAMILY AND FRIENDS

1. Offer caffeine-free alternatives
2. Be careful with energy drinks in teenagers

WHEN TO ASK FOR HELP

1. If there are palpitations or chest pain
2. If you mix energy drinks with alcohol

TO OBSERVE AND NOTE DOWN

☐ I have more than four coffees or energy drinks a day
☐ I notice palpitations or trembling
☐ I feel nervous or restless
☐ I find it hard to sleep
☐ If I don't have caffeine I get a headache
☐ Without caffeine I feel tired or irritable
☐ I have caffeine in the afternoon or evening
☐ I need caffeine to function

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/consumo-de-cafeina-intoxicacion-y-abstinencia
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112