

The Effects of Caffeine		
	Time Course	Symptoms
Caffeine intoxication	Following recent heavy caffeine consumption.	Anxiety, restlessness, tachycardia, insomnia, frequent urination, stomach upset, muscle twitches
Caffeine withdrawal	Begins within 24 hours after the last caffeine dose in those with prolonged, heavy consumption. Duration is 2–9 days.	Headache, fatigue/sleepiness, dysphoric or irritable mood, trouble concentrating, flu-like symptoms
Caffeine-induced anxiety disorder	Develops during or quickly after caffeine intoxication or withdrawal. Duration is < 1 month.	Predominant symptoms of panic or anxiety, thought to be due to caffeine use
Caffeine-induced sleep disorder	Develops during or quickly after caffeine intoxication or withdrawal. Duration is < 1 month.	Predominant disturbance in sleep, consisting of insomnia, daytime sleepiness, parasomnia, or mixed, thought to be due to caffeine use

From the Expert Q&A:
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 by **Rehan Aziz, MD**
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