

Be the real you

Understanding caffeine sensitivity

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Caffeine sensitivity refers to how strongly your body reacts to caffeine. Some people metabolize it quickly, while others feel its effects more intensely, even from small amounts. If you notice jitteriness, anxiety, restlessness, poor sleep, or a midday crash after caffeine, you may have a higher sensitivity.

How to know if you’re sensitive:

- You feel wired or anxious after a single cup.
- Caffeine late in the day keeps you up at night.
- You wake up feeling unrested despite enough sleep.
- You experience an energy crash a few hours after caffeine.
- You feel mentally overstimulated or have racing thoughts at bedtime.

Tip: Try tracking how you feel after caffeine at different times of day. If a 2 p.m. coffee disrupts your 10 p.m. sleep, that’s a strong signal. Most sensitive individuals do best by avoiding caffeine after 12–2 p.m.

Surprising caffeine sources to watch:

Even if you’re cutting back on coffee, caffeine can sneak in from other places:

Product	Approximate caffeine per serving
Decaf coffee	2–15 mg
Green tea/matcha	Up to 80 mg
Dark chocolate	10–50 mg
Energy waters/vitamin drinks	30–75 mg (e.g., Propel, Vitamin Water)
Pre-workout/BCAAs	150–300 mg
OTC meds (Excedrin, Midol, cold meds)	60–130 mg
Yerba mate/kombucha	30–180 mg, depending on brand
Coffee-flavored foods	20–80 mg (ice cream, yogurt, bars)
Protein bars/shakes	Varies—check labels
Soda	35–55 mg per can

The bottom line

Your body’s response matters more than the number. If caffeine disrupts your mood, sleep, or energy, reducing your intake or adjusting your timing may help restore balance.