



Can caffeine help you focus?

Can't start your day without a cup of coffee? Then you probably won't be surprised to learn that researchers are finding that caffeine may actually boost mind power. Here's what some recent studies have to say.

- Researchers are finding that caffeine may actually boost mind power. In a 2009 study, sleep-deprived participants were asked to try different computer-game challenges. The study found that people who consumed 600 mg of caffeine before one task were better able to focus and achieve the game's multistep goals.
- A 2005 study found that people who consumed high levels of caffeine were more alert during the workday. They also had a lower risk of work-related accidents.
- Sleep deprived people aren't the only ones who may benefit from caffeine. A 2008 study found that caffeine may increase alertness and improve performance for up to three hours in people who are well rested.
- Caffeine may also offer an exercise boost. In a 2008 study, participants who ate a caffeinated performance bar had improved concentration and reaction times during and after exercise, and they exercised longer.

However, don't overdo it. Keep in mind that too much caffeine can cause increased blood pressure and heart rate, headaches, irritability, restless and sleep problems.

