

Academics v.s Caffeine

There is a large percentage of people who drink a cup of coffee a day or even caffeinated drinks a day. Lots of people around the world love the taste of these drinks either coffee or energy drinks containing caffeine or enjoy it for the energy part. Lots of college students are seen drinking many caffeinated drinks. Some of the most popular energized drinks include iced coffee, Red Bulls, or Yerba Mate, etc. All of these drinks contain high amounts of caffeine and help with energy.

College students find these drinks helpful to sustain energy with test taking, studying, to stay awake for a longer period of time, and to help the body gain more energy when it does not have some at the fullest potential. An average American drinks 2 cups of coffee a day which is okay in moderation but it is important to think about health factors when taking these drinks and what students put into their body. Most energy drinks contain high amounts of sugar and syrup which can not be great for health. However, there are many ways that you can help your energy levels as a college student by getting into good habits like good sleep, healthy food balance, exercise, and more!



