

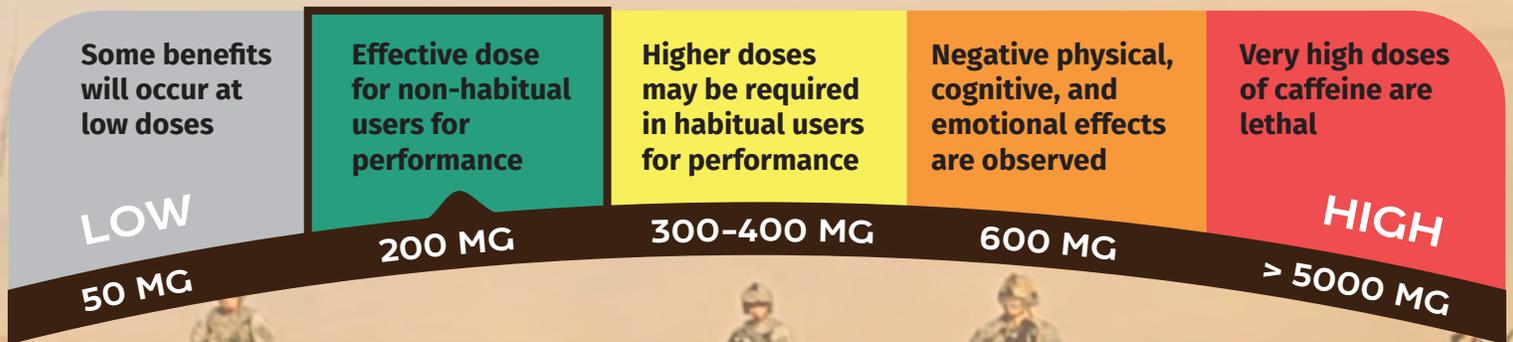
Caffeine & Performance in the Operational Environment

Did You Know?

- Caffeine is the most widely used psychoactive substance in the world.
- 82% of active-duty U.S. Army Soldiers use caffeine daily.
- Caffeine can improve vigilance by 20-35%, reaction time by up to 70%, marksmanship by 25-30%, and other aspects of performance when used at appropriate dosages.
- The source of caffeine can impact performance. For example, caffeine gum improves performance faster during sleep loss than a caffeinated beverage due to its faster absorption rate.

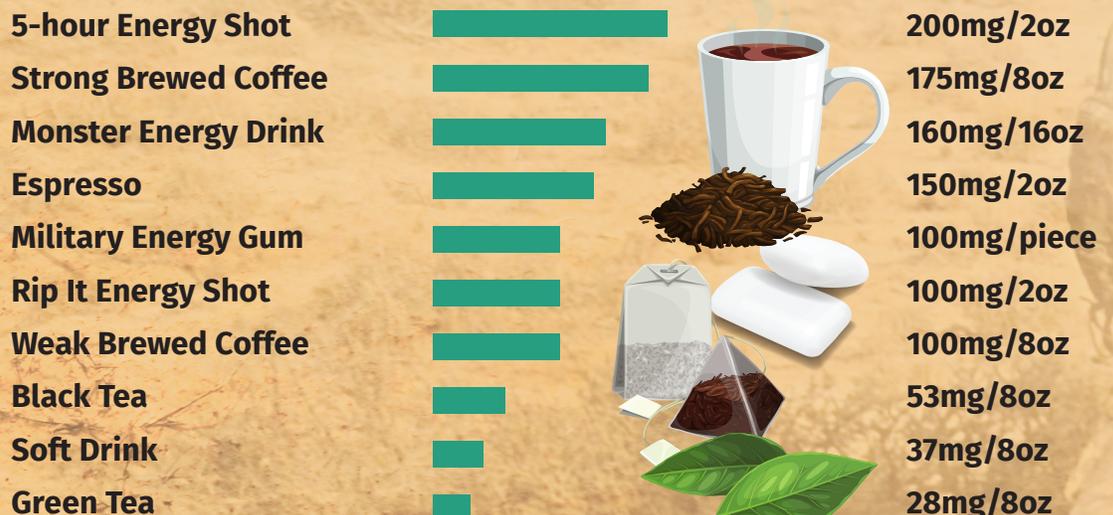
Taking caffeine in the right amount at the right time enhances warfighter performance.

Caffeine Dosing Guidance

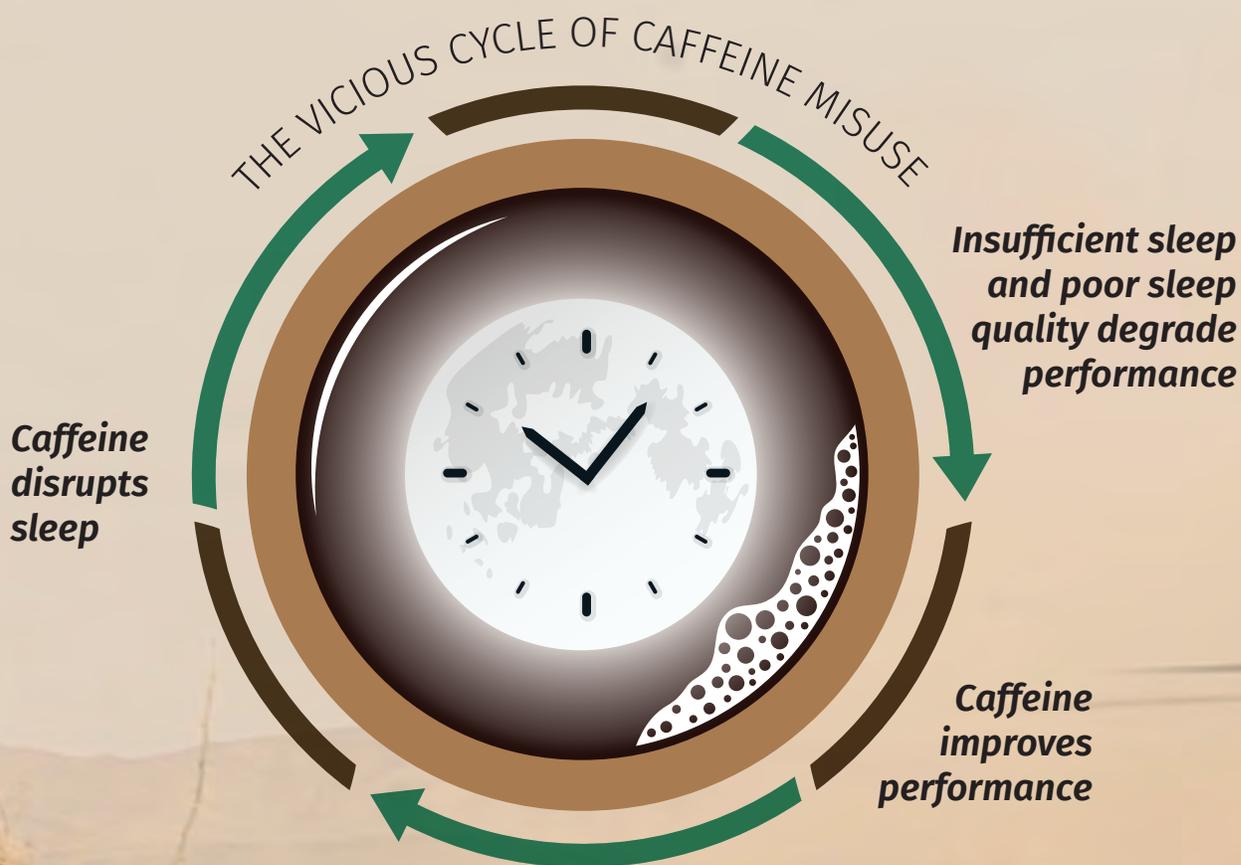


Caffeine effects may vary based on individual sensitivity, level of sleep, and level of use for both caffeine and substances that interact with caffeine. Chronic caffeine use can lead to increased tolerance and reduced effectiveness.

How much caffeine do you consume?



Caffeine, Sleep & Performance in the Operational Environment



Sleep & Performance

- ☞ To derive maximum benefits while avoiding side effects of caffeine, take 200mg of caffeine every 6 hours upon waking/start of shift.
- ☞ When possible, avoid using caffeine 6 hours prior to bedtime.
- ☞ Save caffeine use for during operations to reach full effectiveness.

2B-Alert Algorithm

The 2B-Alert algorithm predicts performance based on sleep-wake patterns, time-of-day, and dose and source of caffeine. The tool also can provide caffeine dosing recommendations to optimize performance during a pre-specified time period in the future.

<https://2b-alert-web.bhsai.org>



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