

# ENERGY DRINKS

## & YOUR BODY

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Energy drinks are popular among teens and adults alike as a way to stay alert and focused.

### 1 SLEEP HABITS

Consuming energy drinks late at night can lead to poor sleep efficiency, early morning awakening, reduced alertness and daytime sleepiness, especially in young adults.

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But what are energy drinks *really* doing to your body?

### 2 MOOD DISORDERS

The effects of too much caffeine can mimic and worsen symptoms of anxiety and other mood disorders, such as nervousness, restlessness and insomnia. After the caffeine high is over, symptoms of withdrawal include headache, drowsiness and depression.

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### 3 HEART RATE

The caffeine in many energy drinks can lead to an irregular heart rate and other complications, while the sugar content can increase risk of heart attack and other heart diseases. A report by the Substance Abuse and Mental Health Services Administration showed the number of reported hospital emergency visits related to side effects of energy drinks doubled from 10,068 visits in 2007 to 20,783 in 2011

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### 4 DRUG ABUSE

Energy drink-related alcohol abuse can spur prescription drug abuse. Even if prescriptions are properly prescribed to you, the addition of caffeine, alcohol and other chemicals found in energy drinks can cause drug interactions such as alcohol poisoning, losing consciousness, respiratory depression and even death.

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### 5 CAFFEINE TOXICITY

The high caffeine levels in many energy drinks may cause caffeine intoxication, which can result in a high or irregular heart rate, vomiting, seizures and death. In December 2011, a 14-year-old girl drank two 24-ounce energy drinks in a 24-hour period and died of a cardiac arrhythmia due to caffeine toxicity.

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### 7 OBESITY

Drinking sugary energy drinks — even as little as 12 ounces a day — leads to weight gain over time. When children drink sugary drinks, their risk of obesity more than doubles.

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### 6 BINGE DRINKING

People who mix alcohol and energy drinks are three times more likely to binge drink. They are also more likely to drive drunk or ride with a drunken driver and to be taken advantage of sexually or commit a sexual offense.

### 8 DIABETES

The large amount of sugar in many energy drinks can cause blood glucose levels to spike, potentially leading to many health problems. People who consume one or more cans of sugary drinks per day have a 26% greater risk of developing type 2 diabetes than people who rarely drink sugary drinks.