

How to Use Caffeine & Coffee to Improve Focus | Dr. Andrew Huberman

<https://silosolo.com/602199>

Summary

Caffeine can improve focus and concentration when consumed in appropriate dosages, typically between 100 mg to 400 mg. However, people with anxiety or panic attacks should be cautious with caffeine use. Consuming too much caffeine can lead to sweating, increased heart rate, and feelings of panic or anxiety. Coffee, Yorba mate, and energy drinks are common sources of caffeine.

Silo sample questions

- Can caffeine improve focus and concentration?
- What is the recommended dosage of caffeine for focus and concentration?
- Who should be cautious with caffeine use?
- What are the potential side effects of consuming too much caffeine?
- What are some sources of caffeine?

Topics

Caffeine's effect on focus and concentration

Recommended dosage of caffeine

Cautions with caffeine use

Side effects of consuming too much caffeine

Sources of caffeine

Key Takeaways

- Yes, caffeine can improve focus and concentration when consumed in appropriate dosages.
- The recommended dosage of caffeine for focus and concentration is between 100 mg to 400 mg.
- People who suffer from anxiety or panic attacks and are not used to consuming caffeine should be cautious with its use.
- Consuming too much caffeine can lead to sweating, increased heart rate, and feelings of panic or anxiety.
- Coffee, Yorba mate, and energy drinks are common sources of caffeine.

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