

Caffeine-Jitter-Avoidance Checklist

Drink tea without the crash, the jitters, or the 2am ceiling-staring.

THE GOLDEN RULE

Drink all caffeinated tea before 12:00 PM.

Caffeine has a 5-6 hour half-life — a noon cup is still partly active at bedtime. Keep the ritual, lose the wired feeling.

SIMPLE SWAPS • AFTERNOON CRAVING FIXES

- **Plain water + lemon**
Resets the craving in under 2 minutes.
- **Cinnamon stick tea**
Naturally sweet, zero caffeine.
- **Herbal tea (chamomile / rooibos)**
Same ritual feel, no stimulant.
- **Pinch of L-theanine**
Smooths energy, no jittery spike.
- **Decaf green tea**
Keep the habit cue, drop the buzz.
- **5-minute walk instead**
Real energy fix when tea isn't it.

WATCH FOR THESE 3 WARNING SIGNS

⚠ Jitters or shaky hands

Fix: Cut your cup in half tomorrow, or switch to decaf for a few days.

⚠ Racing or pounding heart

Fix: Stop for the day, hydrate, and skip tea until it settles.

⚠ Trouble falling asleep

Fix: Move your last cup earlier — aim for before 11 AM tomorrow.