



## **Health Advisory: Caffeine Powder**

Caffeine is a natural chemical found in coffee, tea, and chocolate, and synthetic caffeine is added by manufacturers to some drinks, foods, and medications. As a stimulant that can improve short-term alertness and performance following sleep restriction or sleep loss, caffeine is generally recognized as safe when used in moderation. However, pure caffeine powder, which is sold in bulk by some retailers as a synthetic dietary supplement, is highly potent and potentially dangerous. The serving size of powdered pure caffeine is so small that it is nearly impossible to measure accurately in the home. As a result the risk of accidentally consuming a potentially lethal overdose of caffeine powder is high. Because of the health and safety risks associated with consuming caffeine powder, the American Academy of Sleep Medicine joins the U.S. Food and Drug Administration in advising consumers to avoid powdered pure caffeine.

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The American Academy of Sleep Medicine (AASM) is a professional membership society that improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards ([aasm.org](http://aasm.org)).

A searchable directory of AASM-accredited member sleep centers is available at [sleepeducation.org](http://sleepeducation.org).