



## **A MINUTE OF HEALTH WITH CDC**

### ***Excessive Consumption of Energy Drinks***

*Energy Drink Consumption and Its Association with Sleep Problems and Sleepiness Among Service Members on a Combat Deployment – Afghanistan, 2010*

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*This program is presented by the Centers for Disease Control and Prevention.*

Energy drinks are the latest rage these days, especially among young men. The drinks contain the caffeine equivalent of one to three cups of coffee or cans of soda, as well as other ingredients aimed at boosting energy.

When used in excess, they're associated with negative side effects, including sleep problems, daytime sleepiness, and impaired performance of daily activities. Long-term sleep problems can result in health problems.

Energy drinks should be consumed in moderation. Check with your health care provider if you're experiencing side effects after consuming these products.

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