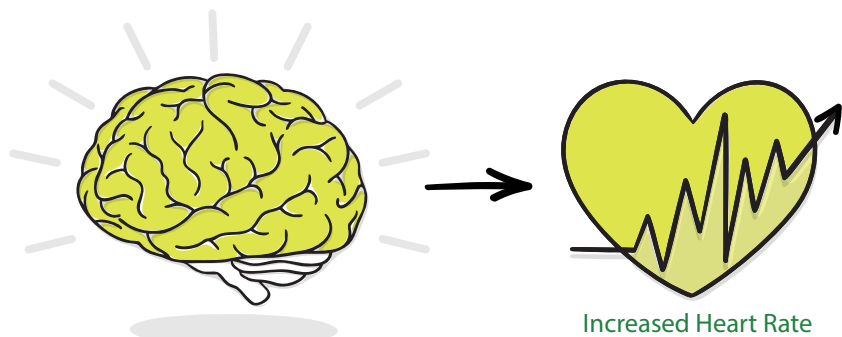
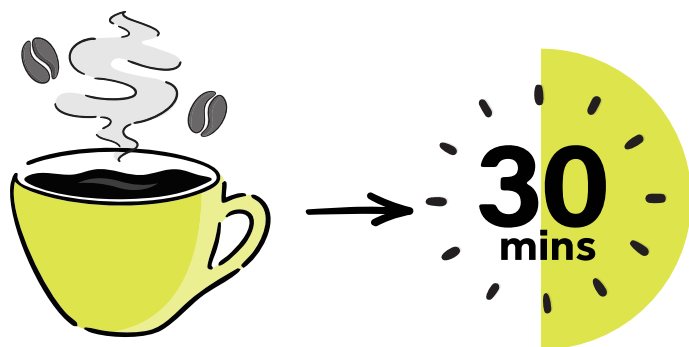


## Introduction

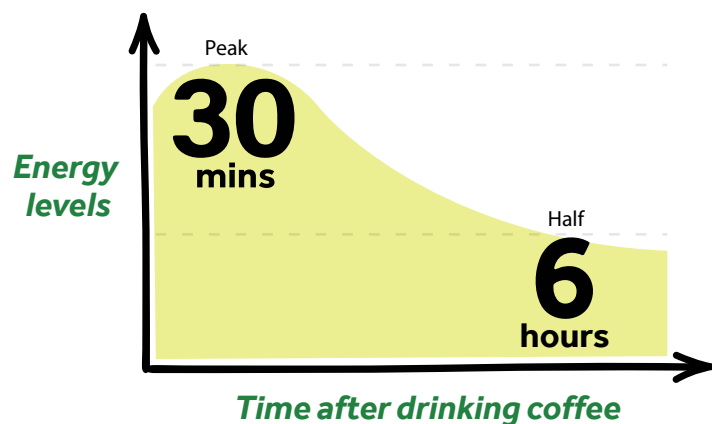
Caffeine works by blocking the receptors in our nervous system delaying fatigue and stimulating nerves, which increases heart rate, blood pressure and alertness<sup>1</sup>.



The effects of caffeine peak around 30 minutes after consumption<sup>1</sup>.



On average, 6 hours after consumption people still experience half of the original effect<sup>1</sup>.



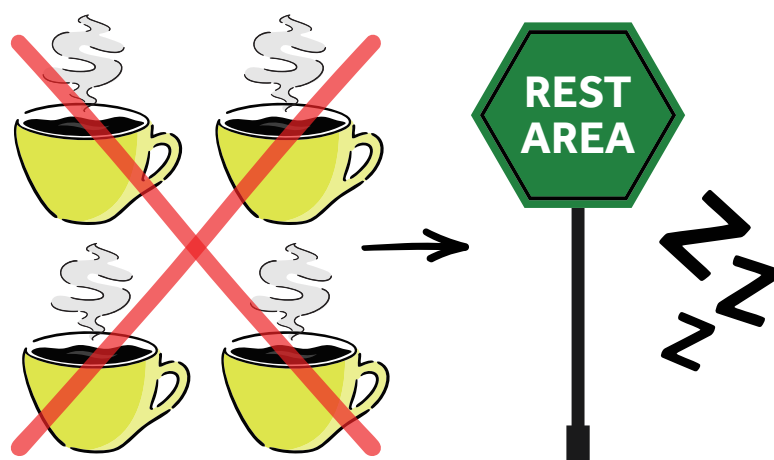
## Temporary caffeine effects

A cup of coffee can have a positive effect on driving performance (i.e., vehicle control) and subjective driving quality, and reduces subjective sleepiness during long periods of driving<sup>2</sup>.



## Reality of Caffeine Consumption

However, researchers have repeatedly found that the benefits are only short-term and emphasised that no amount of coffee can replace having regular breaks, napping, and a good night sleep<sup>3</sup>. Caffeine can increase alertness and manage fatigue, but it certainly cannot replace sleep.



## Long Term Risks of High Caffeine Use

In the long-term high caffeine consumption does not result in any benefit in safety indicators. Truck drivers who consume high amounts of caffeine (5 or more caffeinated drinks per day) have reported shorter sleep duration, more daytime sleepiness, higher risk of sleep apnoea, and poorer health behaviours (e.g., smoking, poor diet). All these resulting in higher crash risk<sup>4</sup>.

