

MIND • BODY • FOOD

NOTICE THE PATTERN

My Caffeine Check

Notice relationships between caffeine, energy, anxiety and sleep

Caffeine can affect people differently depending on amount, timing, medication, sensitivity, food intake and sleep. A short record helps you observe your response without deciding that caffeine is simply good or bad.

Space to Breathe Therapy

Why noticing patterns can help

Caffeine can affect people differently depending on amount, timing, medication, sensitivity, food intake and sleep. A short record helps you observe your response without deciding that caffeine is simply good or bad.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Track caffeine for several ordinary days.
- 2 Record the drink, approximate amount and time.
- 3 Notice energy and anxiety later without assuming caffeine caused the change.
- 4 Review timing alongside sleep and other influences.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

Drink and amount

Time consumed

Energy before 0 to 10

Energy later 0 to 10

Anxiety or tension 0 to 10

Sleep that night 0 to 10

Important context

If you plan a substantial caffeine change, consider headaches, medication interactions and appropriate clinical advice.