

THE COACH'S PLAN

The Theanine and Caffeine Timing Plan

For anyone who takes L-theanine, drinks coffee, and wants the pairing to work for focus instead of wrecking the night.

400 mg

The FDA caffeine ceiling

For most healthy adults, per day.

200 mg

The studied theanine dose

Cleveland Clinic cites 200 to 400 mg a day.

4 hours

The late dose rule

100 mg of caffeine tested safe this close to bed.

L-theanine is sold as a calming capsule, and its most consistent human signal is not calm on its own. It is attention, measured when the amino acid is paired with caffeine. That changes when you take it and what you take it with. The evidence is still early, so treat this as a well aimed experiment. Here is what the sources say and the three steps that follow.

What the evidence actually says

- 1 Cleveland Clinic: when combined with caffeine, L-theanine may improve cognitive performance, alertness and focus, and the two appear to have additive effects on attention in adults.
- 2 Cleveland Clinic: the evidence is not conclusive, limited by small studies, dosing variation and short timelines, and studied doses run about 200 to 400 mg a day.
- 3 FDA: 400 mg of caffeine a day is the level generally not associated with negative effects in healthy adults.
- 4 A randomized crossover trial found 100 mg of caffeine can be taken up to 4 hours before bed, while 400 mg within 12 hours of bedtime disturbed sleep.
- 5 Caffeine intake above about 300 mg a day was associated with less total sleep time and more insomnia complaints.

Your 3-step plan

1 Step 1: Pair it with the coffee you already drink

Take the theanine capsule with your first or second coffee rather than on its own. The attention findings come from the combination, not from theanine by itself, and pairing costs you nothing extra because the caffeine is already in your day.

2 Step 2: Put a hard clock on the caffeine, not the capsule

Work backwards from bedtime. Keep large doses out of the 12 hours before bed and keep anything at all outside the last 4 hours. The capsule is not what keeps you up. The coffee it is paired with is.

3 Step 3: Test one variable for two weeks

Same dose, same time, same coffee, and one line of notes about the afternoon. Cleveland Clinic is clear the evidence is not conclusive, so the only result that matters is the one you can observe in your own week. If the afternoon does not change, stop.

The safety line

This is education, not medical advice. Cleveland Clinic notes L-theanine may interact with blood pressure medicines and with sedatives, that long term safety is unclear, and that it should be avoided during pregnancy and breastfeeding without provider advice. Caffeine limits are lower in pregnancy, commonly given as 200 mg a day. Persistent daytime fatigue is worth a clinician conversation rather than a stronger stack.

Read the full article: <https://www.agelesscoach.com/articles/l-theanine-does-its-best-work-with-caffeine>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.