

Name

Professor

Course

Date

The Effect of Coffee on Young People

Coffee drinking is an American pastime. It is everywhere. In offices, there are coffee machines, in hotel suites are the mandatory coffee makers, in the foyers and lounges free coffee is offered. At the airports, on flights there is coffee available. Who hasn't walked into an airport, Barnes and Noble, a shopping centre and smelt the aroma of coffee from Starbucks. The question is asked, "what effect does coffee have on young people?".

Caffeine and sleep

The essential element in coffee is its caffeine. Any discussion on drinking coffee is equally a discussion on the effects of mainly caffeine. Caffeine affects young people's sleep and this leads to sleep problems at night followed by sleepiness in the day. The fact of being sleepy during the day has an effect on attentiveness in class, energy for homework, sport or socializing. Even a single cup of coffee can affect sleep by shorting total sleep time, increase in light sleep and shortening deep sleep time. This includes more frequent waking up. The effects are still being investigated.

The effect of age is not much different between a 20 year old and a 60 year old. A recent study of the same age disparities showed that caffeine decreased sleep efficiency, duration and REM in both age groups.

Coffee as a stimulant for young people

Caffeine does help to restore better levels of wakefulness in young people and offsets the loss of nocturnal sleep. Today many young people use different technologies at night and often drink coffee to stay awake.

Coffee's effect on the nervous system

The caffeine in coffee is a stimulant that affects kids. Caffeine is defined as a drug because it stimulates the central nervous system. At low levels of intake, it can cause alertness and energy.

In kids however, too much coffee causes nervousness, upset stomach, headaches, difficulty concentrating, difficulty sleeping, increased heart rate and blood pressure. In young people, it does not need much to cause these effects. The caffeine in coffee is a diuretic that and increases the passing of water. Under certain circumstances, this could lead to dehydration. The fact that abrupt stopping drinking coffee can cause withdrawal symptoms indicates that it is a substance best avoided.

Effect of coffee on memory

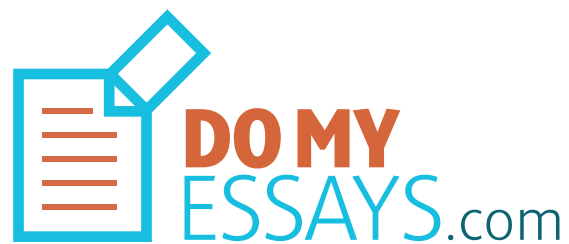
The caffeine in coffee affects both short term and long-term memory. As far as short term and working memory is concerned, it appears to be beneficial. As the increasing of our memory capabilities results in our retaining more information for longer periods of time. Effects on young adults in 15 to 25 groups showed conflicting results. But that over the long term, regular caffeine consumption was fairly beneficial to younger subjects.

However, if one takes the benefits of drinking coffee then one needs to carefully consider the whole picture. Are the benefits worth the possible negative effects? It is clear that the caffeine in the coffee is a drug and a stimulant. If you take it, the levels can produce negative "overdose" symptoms. If you drop it suddenly, you can get withdrawal symptoms. It is probably wiser to drink water and fruit juices.

Works Cited

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