

# SIP SMART! BC™

## CAFFEINE SCENARIO

It is a hot and sunny day at the beach.  
Tom is thirsty and goes to the concession stand and buys a can of ICED TEA.  
It's delicious and refreshing.

He feels fit to play beach volleyball for another hour!

After an awesome game, he craves something to pick him up while cooling him down, so he buys a medium ICED COFFEE for the walk home.

Once at home, he remembers that he has a test in school tomorrow. He sits at his desk and starts reading. He notices his **mind wandering** and his **heart beating too fast**. He is getting a **headache**. He also has to **go to the bathroom** way more often than usual.

An hour later he feels **tired**, but he still has to study for the test. In the fridge he finds an ENERGY DRINK. He remembers that the commercial for this drink says that it wakes you up and gives you energy immediately. Exactly what he needs to focus on his studies!

Later, **feeling sick**, he decides to go to bed early. He feels **fidgity and restless**. The next morning he is **irritable** with his friends and **anxious** about just about everything.

### What happened?

