

CAFFEINE AND ADHD FACT SHEET AND TRACKER

DOPAMINE

Caffeine impacts dopamine. It can help you feel more alert, so you can focus and feel more alert.

PROS

Readily available (coffee, tea, etc.).

Potentially improves focus and memory, especially for milder symptoms.

CONS

It disrupts sleep and increases anxiety, both of which can worsen ADHD symptoms. May make symptoms worse for hyperactive Impulsive ADHD.

MEDS

Combining caffeine with stimulant medications may lead to increased side effects, including irritability and rapid heartbeat.

HORMONES

Some ADHD women experience stronger reactions to caffeine due to hormonal changes.

Pay attention to how your body reacts during different times of the month.

	MON	TUES	WED	THURS	FRI
AMOUNT					
AFFECT					
AMOUNT					
AFFECT					