



Information for Patients

STIMULANTS



Stimulants

Stimulants enhance the activity of the central and peripheral nervous system and include substances such as caffeine (tea and coffee) and nicotine. Common effects of stimulants are:

- Enhanced alertness/wakefulness
- Increased endurance/productivity
- Increased motivation
- Increased heart rate
- Anxiety
- Increased blood pressure.

If stimulants are used shortly before retiring to bed they can increase the time it takes to fall asleep, sometimes called sleep onset insomnia. It is recommended that stimulants not be used in the 5-6 hours before retiring to bed by people who find it difficult to fall asleep.

How much caffeine is in food?

Below are estimates of the caffeine content of various food and drink items.

Cola (375ml)	36-50mg
Brewed and roasted coffee	118-179mg
Instant coffee	76-106mg
Tea blend	43-50mg
Green tea	30mg
Energy drink	80mg
No Doze (max strength)	200mg

Prescribed Stimulants

Stimulants are used to treat a range of medical conditions such as narcolepsy, idiopathic hypersomnolence, attention deficit disorder, depression and obesity. Stimulants are used to treat the symptoms of underlying conditions and not the condition itself.

Stimulant medications must only be taken when prescribed by your treating physician.

www.snoreaustalia.com.au

Administration Centre: 161 Nerang Street Southport QLD 4215

Free Call: 1800 076 673 Phone: 07 5557 0055

Fax: (07) 5571 0682

Email: snore@snoreaustalia.com.au