



ENGNITER

Caffeine Crash

A. WARM-UP QUESTIONS

1. How often do you drink caffeinated drinks like coffee or tea?
2. Have you ever experienced a caffeine crash? How did it feel?
3. Why do you think people rely on caffeine for productivity?
4. When do you usually have your last caffeinated drink of the day?
5. Do you think caffeine does more good or harm in daily life? Why?



CAFFEINE CRASH

B. VOCABULARY PREVIEW

Match the words with their meanings. Check this again after seeing the words in context on page 2.

- | | |
|---|---|
| <input type="checkbox"/> 1. crash | a) a sudden drop in focus after caffeine wears off |
| <input type="checkbox"/> 2. alertness | b) the state of being awake and attentive |
| <input type="checkbox"/> 3. tolerance | c) adaptation to a substance after repeated use |
| <input type="checkbox"/> 4. withdrawal | d) symptoms from stopping a substance |
| <input type="checkbox"/> 5. sustained-release | e) a type of supplement that releases slowly over time |
| <input type="checkbox"/> 6. overconsume | f) to eat or drink too much |
| <input type="checkbox"/> 7. hydrate | g) to provide adequate fluid to the body |
| <input type="checkbox"/> 8. half-life | h) the time it takes for half a substance to leave the body |
| <input type="checkbox"/> 9. onset | i) the time when something begins |
| <input type="checkbox"/> 10. circulation | j) movement of blood or other fluids in the body |

READING

1. A caffeine crash is the sudden wave of fatigue and loss of focus that can follow a period of heightened alertness after consuming caffeine. Caffeine works by blocking adenosine—a brain chemical responsible for making you feel tired. This creates a short-term boost in energy and concentration, which is why many people reach for coffee in the morning or before important tasks.
2. While caffeine is masking adenosine, your body continues to produce it. Once the caffeine wears off, the built-up adenosine floods the brain, leading to a sharp drop in energy levels. This is often accompanied by irritability, difficulty concentrating, and sometimes headaches. The intensity of the crash depends on factors such as the amount of caffeine consumed, individual sensitivity, hydration, and quality of sleep.



3. Avoiding a caffeine crash is possible with mindful habits. Instead of drinking large amounts at once, spreading smaller doses throughout the day can help maintain steady energy. Pairing caffeine with food slows its absorption, and staying hydrated supports the body's natural energy balance. Many people also set a 'caffeine curfew' in the early afternoon to avoid interference with nighttime sleep. By understanding how caffeine works, you can enjoy its benefits without the unpleasant aftermath.

COMPREHENSION

1. What is a caffeine crash?
2. How does caffeine create a temporary boost in energy?
3. Why does a crash happen after caffeine wears off?
4. List two factors that influence the intensity of a caffeine crash.
5. What are two strategies to reduce the risk of a crash?

VOCABULARY REVIEW

Complete the sentences

1. The sudden caffeine ____ made it hard for her to focus in class.
2. Good ____ is essential for staying sharp during long meetings.
3. Over time, regular coffee drinkers may build up a high caffeine ____ .
4. He experienced mild ____ when he stopped drinking coffee.
5. This capsule uses a ____ formula for steady energy release.
6. It's easy to ____ sugary coffee drinks without noticing.
7. To stay healthy, it's important to ____ regularly.
8. The ____ of caffeine varies depending on metabolism.
9. The headache marked the ____ of caffeine withdrawal.
10. Exercise improves blood ____ and overall alertness.

GRAMMAR REVIEW - FUTURE: WILL vs GOING TO

Use 'will' for spontaneous decisions, promises, offers, and predictions without strong evidence.
Use 'going to' for plans or predictions based on present evidence.

1. I think this new coffee blend ____ (be) popular with students.
2. We ____ (launch) our decaf menu next month.
3. Don't worry, I ____ (help) you reduce your caffeine gradually.
4. Look at the time - you ____ (miss) your bus if you get another coffee.
5. They ____ (switch) to green tea after lunch from now on.
6. If you keep drinking coffee late, you ____ (struggle) to sleep well.





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7. I promise I ____ (bring) herbal tea for our next meeting.
8. We ____ (meet) tomorrow to plan the caffeine-free challenge.
9. It's getting cloudy; I think it ____ (rain) soon.
10. He looks tired - he ____ (need) a quick nap.



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