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|  | Caffeine indirectly effects a person's ability to concentrate by allowing that person to feel more alert. It will have the opposite effect on those individuals who reduce his or her caffeine intake.  A disruption in normal caffeine use shows either signs of withdrawal or signs of heightened caffeine stimulation. Because caffeine causes heightened alertness, those individuals who increase their caffeine intake will be able to concentrate better. Those individuals who decrease caffeine intake will find it more difficult to concentrate. |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)