THE BENEFITS of DRINKING COFFEE AT WORK

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COFFEE CAN HELP YOU STAY FOCUSED

Caffeine significantly improves your mental alertness by stimulating the central nervous system. It specifically affects the areas of the brain responsible for memory and concentration.
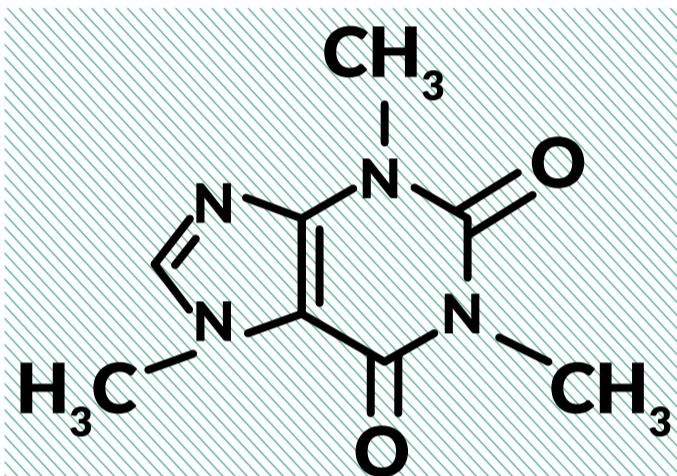
COFFEE BOOSTS YOUR MEMORY

Researchers found that 200 milligrams of caffeine helped people store information into memory so that they could call on it later and avoid getting confused.

GREAT MINDS THINK ALIKE

From statesmen and presidents (Ronald Reagan, Theodore Roosevelt, Thomas Jefferson, Benjamin Franklin, Napoleon) to philosophers (Voltaire, Immanuel Kant) to artists (Beethoven, Bach, L. Frank Baum, Margaret Atwood)—some of the greatest minds drank coffee.

COFFEE HELPS YOU PROCESS INFORMATION

$$CH_3$$
$$H_3C \quad O \quad CH_3$$
$$O$$

Researchers found that 200 milligrams of caffeine helped people to identify words and phrases more quickly.

TEAM COFFEE BREAKS ARE GOOD BREAKS

Researchers showed that employees who take coffee breaks together demonstrate an overall improvement in their productivity.
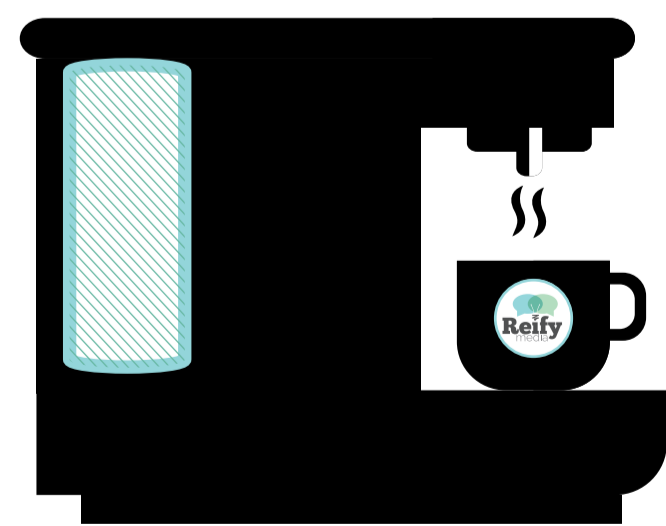
Sources:
"8 Reasons Why You Should Drink Coffee At Work" by Joe Issid; "15 Health Benefits Of Your Morning Coffee" by Team Get Healthy U; "Caffeine Boosts Memory—Really" by Dr. Sian Beilock; "Caffeine Improves Left Hemisphere Processing of Positive Words" by Dr. Lars Kuchinke, Dr. Vanessa Lux; "Caffeine may boost long-term memory" by Honor Whiteman; "Effects of Caffeine on Cognitive Performance, Mood, and Alertness in Sleep-Deprived Humans" by David M Penetar, Una McCann, David Thorne, Aline Schelling, Cynthia Galinski, Helen Sing, Maria Thomas, and Gregory Belenky; "Philosophers Drinking Coffee: The Excessive Habits of Kant, Voltaire & Kierkegaard" by Colin Marshall; "Top 11 Famous Coffee Drinkers from the History Books" by Paul Bally; "What Caffeine Actually Does to Your Brain" by Kevin Purdy

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