Caffeine Reset & Coffee Guide

A preview of the 14-day cut-down plan and the disclaimer. The full pack adds the 163-drink table, sleep timing, a Ramadan schedule, V60 recipes, and a printable tracker.

In this sample

- How to use the pack
- The full disclaimer (this is not medical advice)
- A short overview of the 14-day reset

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How to use this pack

The calculator on caffein.in stays free. The full pack is the bit you can print and mark up: a stepped 14-day plan, a wide caffeine table, a sleep-cutoff method, a Ramadan night-window plan, and V60 recipes.

Start by logging two ordinary days before you change anything. Then pick Track A (a lighter baseline, around 80–120 mg) or Track B (a near-zero fortnight). Set a last-cup time — a conservative starting point is eight hours before bedtime — and keep it even if the dose comes down.

> **Disclaimer.** This pack is general information about typical caffeine content, sleep timing, and brewing. It is not medical advice, and it is not a diagnosis, a treatment plan, or a substitute for care from a qualified clinician. Caffeine affects people differently. Pregnancy, breastfeeding, heart rhythm problems, anxiety, insomnia, some medicines (including certain antibiotics and oral contraceptives), liver disease, and childhood all change what is sensible. If you are pregnant, trying to conceive, breastfeeding, under 18, or have a medical condition, talk to a clinician before you change your caffeine habits. If you get chest pain, a severe headache, fainting, or an unusual reaction, seek medical help. Figures in the tables are typical estimates, not a lab result for the cup in your hand. When a can or café publishes a number, use that number.

The drink table in the full pack uses typical milligram figures for a named serving. A “cup” is not a standard unit. If a can, bottle, or café nutrition list gives a number, that number wins.

The 14-day reset, in brief

This overview is for a typical adult whose usual intake is in the region of 200–350 mg a day. If you are far above that, cut more slowly — about 15–20% every two days — and consider three weeks. If you are pregnant, under 18, or have a medical condition, do not start from this sample; speak to a clinician.

When	What to do
Days 1–2	Log every caffeinated drink, the time, and a rough mg figure. Keep your usual pattern.
Days 3–4	Cut about 20% from your Day 1–2 average, usually by dropping or shrinking the last drink of the day.
Days 5–8	Cut another step, then hold. Move the last cup earlier. See the full pack for the complete table.
Days 9–14	Track A lands near 100 mg. Track B moves toward tea or small qahwa only. The full pack has worked examples.

Gulf-specific traps the full table is built to catch: a qahwa session of three finjan is often around 90–150 mg, not one small pour; a strong karak can rival a small coffee; many 250 ml regional energy cans are 80 mg, but the can is the authority; Spanish lattes are often two shots.

Sleep timing, in brief

The useful question is not only “how much?” but “how close to bed?” In healthy adults, the half-life of caffeine is often around five hours. A conservative last-cup time is eight hours before bedtime (nine or ten if you are sensitive). A 4 p.m. karak sits inside that window for a 10 or 11:30 p.m. sleep.

If you sleep at	Last cup (8 h)	Sensitive (10 h)
10:00 p.m.	2:00 p.m.	12:00 noon
11:30 p.m.	3:30 p.m.	1:30 p.m.
1:00 a.m.	5:00 p.m.	3:00 p.m.

The full pack adds worked examples, weekend and shift notes, and a Ramadan night map. Do not invent a start date for Ramadan from a printed calendar; use the official moon sighting where you live.

> **This is a free sample.** The full *Caffeine Reset & Coffee Guide* (15–25 pages, plus a printable 14-day tracker) is a one-time purchase at **caffein.in/guide**. It includes the complete day-by-day plan with worked examples, the 163-drink caffeine table (qahwa, karak, regional cans, café sizes), sleep-timing worksheets, a Ramadan night map, and V60 recipes including a lower-dose morning cup.