

Tea and Teenagers: Caffeine, Sleep and Sense

From the Teas.co.uk wiki

Tea for teenagers, in summary: Tea for teenagers explained: tea vs energy drinks, sleep timing, sugar concerns in bubble tea and chai latte, sensible daily caffeine.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea and Teenagers: Caffeine, Sleep and Sense. Canonical: <https://teas.co.uk/wiki/tea-and-teenagers/>*

Tea and teenagers is mostly a caffeine and sleep conversation, and tea generally comes out well against the alternatives. This sits in the family cluster beside [tea for kids](#).

Last reviewed by the teas.co.uk team in May 2026.

General information about tea, not medical advice. For children, older adults, pregnancy, or anyone on medication, follow advice from a GP, pharmacist, midwife or health visitor. Do not change medication or a child diet based on this page.

Tea vs energy drinks

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Tea vs energy drinks, Tea and Teenagers: Caffeine, Sleep and Sense. Canonical: <https://teas.co.uk/wiki/tea-and-teenagers/>*

For teens consuming caffeine anyway, tea is a far gentler, lower dose, lower sugar option than energy drinks, and the L theanine in tea makes its caffeine feel smoother, see [L theanine](#).

Sleep is the real issue

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Sleep is the real issue, Tea and Teenagers: Caffeine, Sleep and Sense. Canonical: <https://teas.co.uk/wiki/tea-and-teenagers/>*

Teenage sleep is easily disrupted, and afternoon or evening caffeine is a common hidden cause. Keep caffeinated tea to earlier in the day, see [how long caffeine lasts](#).

Total daily intake

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Total daily intake, Tea and Teenagers: Caffeine, Sleep and Sense. Canonical: https://teas.co.uk/wiki/tea-and-teenagers/*

It is the running total across all sources, tea, cola, energy drinks, chocolate, that matters, not tea alone. Tea is easy to keep modest and is a good place to consolidate if replacing worse sources, see the [caffeine guide](#).

Anxiety and exams

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Anxiety and exams, Tea and Teenagers: Caffeine, Sleep and Sense. Canonical: https://teas.co.uk/wiki/tea-and-teenagers/*

Caffeine can worsen exam season anxiety and jitters for some teens; a weaker brew or a caffeine free herbal in stressful periods is a sensible swap, see [L theanine and caffeine](#).

Sugar

Sweetened or bottled iced teas can carry high sugar; plain or lightly sweetened brewed tea is far better, see [sugar in tea](#).

A reasonable framing

Rather than banning, framing tea as the sensible caffeinated choice, modest, early, unsweetened, often works better than prohibition that pushes teens to energy drinks.

Summary

Tea is a comparatively sensible teen caffeine source; keep it earlier in the day, watch the all sources total, prefer unsweetened, and swap to caffeine free in high anxiety periods, see [the caffeine guide](#).

Tea and teenagers at a glance

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Field	Detail
Caffeine tolerance	Generally similar to adults by mid-teens; younger teens still developing sensitivity
Tea vs energy drinks	Tea is dramatically safer; the same caffeine load comes with L-theanine modulation and no added sugars or unregulated stimulants
Sleep impact	The main practical concern; teens are at peak risk of caffeine-disrupted sleep affecting school performance
Recommended daily caffeine	Under-18s: keep total caffeine below 100mg daily; that's roughly 2 cups of black tea OR 1 small coffee

Field	Detail
Best teas for teens	Black tea in morning; green tea early afternoon; herbal/decaf evening
Avoid for teens	Energy drinks (regardless of "tea-based" marketing), bubble tea with high sugar, late-evening caffeinated tea
Sugar concern	Bubble tea and milky chai variants in coffee shops can contain 40-80g sugar per serving; substantial concern
The bigger context	Teen sleep deprivation is common in the UK; caffeine timing is one controllable factor

What teens should drink

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What teens should drink, Tea and Teenagers: Caffeine, Sleep and Sense. Canonical: <https://teas.co.uk/wiki/tea-and-teenagers/>*

For morning alertness, black tea like [PG Tips](#) or [Yorkshire Tea](#) delivers caffeine in the smoother L-theanine form. Midday, [green tea](#) is gentler. For the evening, caffeine-free [peppermint or chamomile](#) and [rooibos](#), or [Twinings Sleep](#) as a wind-down. Whatever the choice, it beats energy drinks and high-sugar bubble teas as a daily habit. Browse the full [tea shop](#); free UK delivery is over £35.

Reference noted

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- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)
- [NHS guidance on caffeine](#)

FROM THE CURATOR

teas · Take the simplest thing on this page that fits your routine. Range and ritual are for week two.

More tea reading

For caffeine context see the [caffeine content guide](#). For children-and-tea context see [tea for kids](#). For sleep-tea options see the [sleep tea overview](#). For caffeine-free alternatives see the [herbal tea](#), [rooibos](#), and [chamomile](#).

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- [Herbal tea](#)
- [Caffeine in tea](#)
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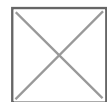
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