

# Matcha Jitters: Why They Happen and How to Stop Them

From the Teas.co.uk wiki

**Matcha jitters, in summary:** Matcha jitters are a caffeine-dose issue, not a mystery: smaller, weaker, not on an empty stomach, not stacked with espresso, and they largely disappear.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Matcha Jitters: Why They Happen and How to Stop Them. Canonical: <https://teas.co.uk/wiki/matcha-jitters/>*

"Matcha gave me the jitters" is common and usually explainable. It sits alongside [dirty matcha](#).

*Last reviewed by the teas.co.uk team in February 2026.*

*Note: matcha is whole powdered green tea, so it is meaningfully caffeinated. General information only; if you are caffeine sensitive, pregnant or medicated, moderate intake and check with a pharmacist.*

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Cause	Fix
Too much / too strong	Smaller serving, less powder
Empty stomach	Have it with or after food
Late in the day	Drink it earlier
Stacked with espresso (dirty matcha)	Do not stack caffeine sources
Under-hydrated	A glass of water alongside
Sensitive/pregnant/medicated	Moderate and check with a pharmacist

## Why they happen

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why they happen, Matcha Jitters: Why They Happen and How to Stop Them. Canonical: <https://teas.co.uk/wiki/matcha-jitters/>*

The answer is undramatic: matcha is whole powdered green tea and is meaningfully caffeinated, so jitters usually come from too much, too strong, or drinking it on an empty stomach. The most common hidden cause is the dirty-matcha trap: a dirty matcha adds an espresso shot, stacking two caffeine sources, so a "calming green tea" quietly becomes a double hit, often without the drinker counting both. If your jitters started when you switched to or added dirty matcha, that, not "matcha", is almost certainly the cause. See [caffeine in tea](#).

## The L-theanine point

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The L-theanine point, Matcha Jitters: Why They Happen and How to Stop Them. Canonical: <https://teas.co.uk/wiki/matcha-jitters/>*

Matcha carries more L-theanine than most teas, and for many drinkers the caffeine-plus-theanine combination genuinely smooths into a calmer, more focused alertness than the same caffeine from coffee. But "many" is not "everyone": sensitivity varies, the ratio shifts with grade and dose, and a large or stacked dose simply overrides the theanine. The reputation is real but conditional on dose, not an absolute property of the powder, so if you are getting jitters, do not assume the theanine "should" cancel them and push on, treat it as a dose signal and scale back. See [matcha benefits](#).

## How to stop them: a step-down

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to stop them: a step-down, Matcha Jitters: Why They Happen and How to Stop Them. Canonical: <https://teas.co.uk/wiki/matcha-jitters/>*

If matcha is reliably wiring you, work through this in order rather than quitting; most people stop well before the last step. First, halve the powder, since strength is the commonest single cause and a 1g bowl is plenty for many. Second, move it to with-or-after food and earlier in the day. Third, unstack: if you are adding espresso or also drinking coffee, that is almost certainly the real problem. Fourth, hydrate alongside. Fifth, if you are caffeine-sensitive, pregnant or medicated, accept that a lower ceiling is simply yours and check with a pharmacist. Treat matcha with the same dose respect you would give strong coffee and the calm-focus reputation tends to show up. See [matcha water ratio](#).

## What to buy

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy, Matcha Jitters: Why They Happen and How to Stop Them. Canonical: <https://teas.co.uk/wiki/matcha-jitters/>*

Buy good fresh matcha from the [matcha range](#) with a basic [matcha kit](#), or browse the full [tea shop](#). Buy on the cup and the per cup price, never the marketing; free UK delivery is over £35.

## Reference noted

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Matcha Jitters: Why They Happen and How to Stop Them. Canonical:*

jitters/

- [PubMed: Matcha green tea and human health](#)

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## Matcha reading

Continue with [dirty matcha](#), [matcha benefits](#), [caffeine in tea](#), [matcha water ratio](#) and [matcha](#).

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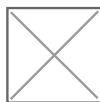
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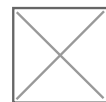
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