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.

"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: jitters happen because matcha is the whole green leaf, powdered, and so carries real caffeine. These matcha jitter notes are general; anyone sensitive to caffeine, pregnant or medicated should keep the bowls moderate and ask a pharmacist.

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

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 "gentle 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

Matcha carries more L theanine than most teas, and for many drinkers caffeine plus theanine feels smoother and more relaxed 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

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 smooth focus it's known for tends to show up. See matcha water ratio.

What to buy

Buy good fresh matcha from the matcha range with a basic matcha kit, or browse the full tea shop. Choose a gentler matcha by tasting it, not by the hype, and check its per cup price; UK delivery is free over £35.

Reference noted

- PubMed: Matcha green tea and human health

FROM THE CURATOR

teas · If a gentler way of drinking matcha here appeals, try it once. One cup of matcha, made carefully, teaches more about jitters than twenty articles.

Matcha reading

Continue with dirty matcha, matcha benefits, caffeine in tea, matcha water ratio and matcha.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea

- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/