

## Energy Crisis

The sales of energy drinks, shots, and mixes have increased by 26% through June of 2011 to more than \$7,000,000,000 per year in the United States.

Source: The Atlanta Journal-Constitution; July 31, 2011



What do you eat or drink when you need a quick boost of energy? Many people must be using energy drinks or shots. It is easy to find energy drinks that can provide five hours of energy in a shot. As a website states, "It's quick, simple, and made for hard working people."

Pipeliners are hard working people. Just ask them. Some have to work at night on rotating shifts. Others work long hours and are subject to call outs at any time of the day or night.

I don't use energy drinks, but do drink beverages that contain caffeine. So I am just seeking an energy shot from a different source. It's important to research the benefits and concerns about energy drinks.

I have some health conscious and fit friends who drink mostly water. They also get about eight hours of sleep most nights. What is the difference?

Adequate sleep negates the need for energy drinks, or at least drinking a shot every five hours.

What about coffee? It is available in all the pipeline facilities where I've been this year – Texas (8 places), Oklahoma (4 places), Georgia (3 places), Alberta, New Jersey (3 places), Maryland, Virginia, Pennsylvania, Tennessee, Arkansas, Louisiana. I stayed in hotels most weeks and each had coffee in the room, the restaurants, and in meeting rooms.

Should a person be concerned about the caffeine in coffee? What are warning signs of over reliance on coffee for an energy boost?

- You are drinking more than four cups a day or night.
- You are experiencing anxiety, nervousness, problems, or irritability.
- Even a little caffeine makes you jittery
- You are not sleeping at night and using caffeine to stay alert during the daytime, which causes sleep difficulties at night.

**AVOID AN ENERGY CRISIS**

**GET ENOUGH SLEEP**

