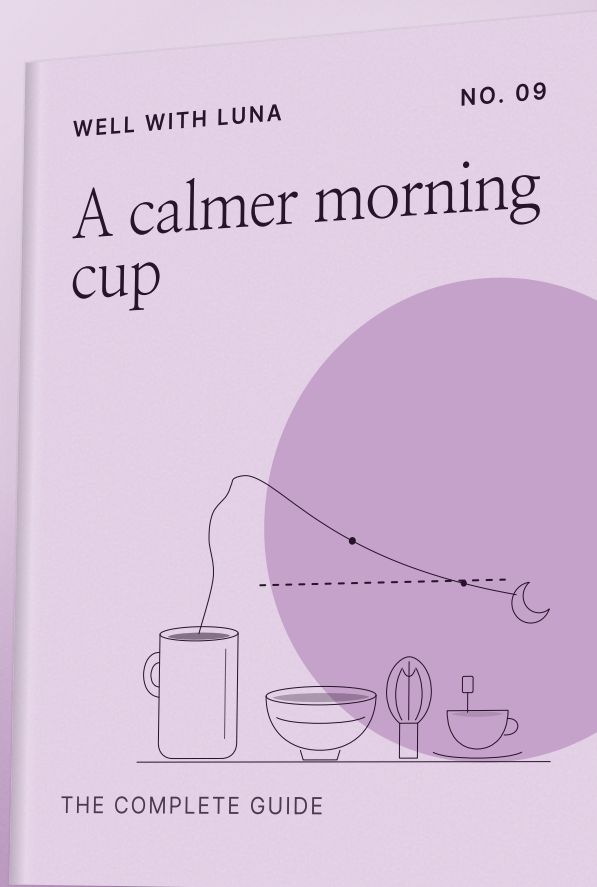




EVENING GUIDE · FOCUS

Choose a calmer cup for steady attention in the morning

For readers who love coffee but not the jitters that follow it. After reading, you will be able to match caffeine dose to sensitivity and build a gentler morning cup.



Know dose

Drip coffee brings far more caffeine than mushroom blends or matcha.



Pair calmly

Caffeine with L-theanine may support steadier attention for some people.



Time cutoff

Half-life and evening thresholds shape kinder sleep-friendly limits.

By Annika Holm · Updated Sep 3, 2026 · 11 min read

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Most mornings go wrong in the same small way. The cup is too strong, too late, or too rushed, and then the afternoon pays for it with a sour stomach and restless lights out. Once caffeine amounts, theanine pairings and brew choices are clear, a morning cup can hold attention without the sharp edge.

01

Map caffeine by cup

The usual mistake is to judge coffee by flavour or size rather than milligrams. A regular drip coffee made from medium roast Arabica carries 80 to 100 mg caffeine per 8 ounce cup. That is the reference point for most lift, most jitters and most afternoon crashes.

Matcha sits lower and wider in range. One teaspoon whisked into 2 to 3 ounces of water or milk brings approximately 30 to 70 mg caffeine. Variety, leaf grade and whisking time shift the number, so one bowl can feel soft while another feels nearly like coffee.

Mushroom blends spread further apart. RYZE Mushroom Coffee has 48 mg caffeine per serving. Holding 30 mg caffeine per serving along with L theanine, RYZE Mushroom Matcha feels gentle for evening curiosity. Another style, described as 90 percent Arabica with 5 percent Lion’s Mane and 5 percent Chaga, holds 75 to 95 mg caffeine per 8 ounce cup, which is close to plain drip.

Half caf is an idea rather than a fixed product. It means displacing part of the coffee with something lower in caffeine or mixing regular coffee with a low caffeine blend. One example replaces only 10 percent of the coffee content, so it would lower caffeine only a little. A half and half mix at home gives more control, since serving size and blend ratio set the final dose.

Sensitivity matters more than the label. People who have tried magnesium, melatonin or a sleep tracker often know their own pattern already. A cup that feels clear to one reader may feel shaky to another at the same milligrams. Starting low, keeping the cup size steady for a few days, and watching the hour before bed gives better information than any chart.

CUP, 8 OZ UNLESS NOTED	TYPICAL CAFFEINE	WHAT TO NOTICE
Drip, medium roast Arabica	80 to 100 mg	Strongest lift, highest chance of jitters
Full caffeine mushroom coffee	75 to 95 mg	Near coffee strength, earthy taste
Matcha, 1 teaspoon	30 to 70 mg	Lower dose, includes L-theanine
RYZE Mushroom Coffee, per serving	48 mg	About half a drip cup
RYZE Mushroom Matcha, per serving	30 mg	Lowest caffeine here, with L-theanine
Tea, brewed cup	25 to 50 mg	Lightest lift, short brew lowers dose

02

Use the caffeine plus L-theanine pairing

Calm focus has a particular texture. Plain coffee lift can feel bright and narrow, with faster reactions and a hum underneath. Caffeine with L-theanine may help some people feel attentive and less scattered, with a smoother onset and less edge. Evidence suggests small attention benefits for some, not a promise of calm for all.

Trial doses give a frame. Studies have paired caffeine at 40 to 160 mg with L-theanine at 50 to 200 mg. In a 2008 study in Biological Psychology, L-theanine plus caffeine improved speed and accuracy on attention tasks. Owen and colleagues in 2008 found 97 mg L-theanine plus 40 mg caffeine improved accuracy and speed on attention switching tasks and reduced susceptibility to distraction. A crossover trial in 37 sleep deprived adults found 200 mg L-theanine plus 160 mg caffeine improved hit rate, target distractor discriminability and reaction time versus placebo.

Food sources land lower. A ceremonial grade matcha serving of about 2 g typically delivers 20 to 40 mg L-theanine alongside 30 to 70 mg caffeine. A cup of tea contains 4 to 22 mg L-theanine and 25 to 50 mg caffeine depending on variety and brewing time. RYZE Mushroom Matcha includes L theanine with its 30 mg caffeine per serving, though the exact L theanine amount is not shared.

How to try the pairing at home

Begin with matcha on a quiet morning. Whisk 1 teaspoon into warm milk or water and notice attention over the next two hours. The next week, compare it with a small drip coffee of known size. Keep sleep time, light exposure and breakfast similar so the cup is the main change.

A second path is tea with a longer steep. Longer brewing time raises both caffeine and L-theanine within the 25 to 50 mg caffeine range. Shorter steeps taste lighter and bring less of both.

FROM THE EDITORS

One trial points the other way. In a double blind crossover study, 12 habitual and 12 non habitual caffeine consumers received 75 mg caffeine, 50 mg L-theanine, the combination, and placebo across four visits. Caffeine alone reduced oxygenated haemoglobin, increased deoxygenated haemoglobin, improved attention task performance and increased mood ratings, while adding L-theanine attenuated the blood flow changes and eliminated the effects on cognition and mood. Calm focus is possible for some, but not assured.

03

Go low acid when the stomach complains

For some readers the problem is not the buzz but the burn. Traditional hot brewed coffee typically has pH around 4.5 to 5, while cold brewed coffee pH tends to be around 6. Since pH runs on a tight scale, that shift means a noticeably less acidic cup for many stomachs.

Brand pages state cold brew can be up to 60 to 70 percent less acid than hot brew, and one states up to 67 percent less acidic. Those percentages are best read as marketing estimates rather than lab certainties, so read them as brand claims. What is clearer is process. Cold brew is made with cold or room temperature water over usually 12 to 24 hours, while one cold brewed instant process uses 8 plus hours. Hot water extracts more acids, oils and bitter tannins.

The coffee acids named are chlorogenic acids and quinic acids. Chlorogenic acids bring some bitterness and body, while quinic acids rise as coffee roasts darker or sits hot. Lower acid beans, medium roasts and cold water all reduce that extraction. Cold brew often tastes rounder and sweeter for the same reason, with less bite at the back of the tongue.

Who may prefer cold brew at the nightstand hour in reverse, first light. Readers with reflux, morning nausea or a tender stomach after late nights often do better with cold brew diluted to taste. Readers who love bright, fruity hot coffee may miss that sparkle. Cold brew keeps

caffeine, so it does not solve jitters on its own. It softens acidity, not stimulation.

A gentle way to test

Try the same beans two ways. Brew one small hot cup and one overnight cold brew, then dilute the cold brew to similar strength. Sip each on separate mornings and note stomach comfort, taste and sleep that night. Keep milk and sweetener steady, since both mask acidity.

04

Read mushroom claims with care

Mushroom coffee often sounds like coffee with added focus. The reality is quieter. Lion's mane and cordyceps compounds show only tentative, mixed effects in humans so far, and drink amounts are often well below study amounts.

A pilot randomized double blind placebo controlled trial tested 1.8 g *Herichium erinaceus* in 41 healthy adults aged 18 to 45 years for acute effects at 60 minutes and chronic effects after 28 days. That pilot found quicker Stroop task performance at 60 minutes after a single lion's mane dose and a trend toward reduced subjective stress after 28 days. Other human results are mixed, from small short trials, with one trial showing worse delayed word recall and others showing no effect.

Dose forms vary widely. Clinical trials have tested up to 3 grams of lion's mane derived from fruiting body per day, with different studies using fruiting body, mycelium or extracts. Mushroom coffee doses are often well below study doses, with one example replacing only 10 percent of coffee content. A cup that is 90 percent coffee and 10 percent mushroom simply cannot carry a supplement sized dose.

Cordyceps evidence is thinner for morning attention. Cordycepin is described as 3 prime deoxyadenosine, a key active compound in *Cordyceps militaris*, studied in a mouse forced running fatigue model for antioxidant and learning effects. Mouse running data does not translate directly to human focus at a desk. Reviews of functional mushrooms summarized on [examine.com](https://www.examine.com) treat these findings as early and uncertain.

That does not make mushroom blends useless. A 48 mg caffeine serving may suit readers who want half the caffeine of drip without brewing half caf themselves. Taste, ritual and lower dose may be the real benefit. Read labels for fruiting body versus mycelium, extract ratio and serving weight. When amounts are missing, assume the effect comes mainly from less caffeine rather than added mushrooms. Anyone pregnant, nursing, taking medication or managing a health condition should ask a clinician before daily use.

FROM THE EDITORS

Think of mushroom coffee as portion control first and supplement second. If the blend lowers caffeine from 90 mg to near 50 mg, sleep and jitters may improve because of dose. Mushroom effects, if present, are likely small and slow, not morning lift.

05

Set cutoff times and a two week reset

Caffeine lingers longer than taste suggests. Caffeine half life is described as roughly 3 to 9 hours in one calculator and roughly 3.5 to 7 hours in one planner. Individual genes, hormones, medications and even a short night shift clearance. One caffeine calculator uses about 50 mg remaining at bedtime as the ok to sleep line for most people. That line is a planning aid, not a medical threshold.

One sleep planner suggests delaying the first caffeine dose by 60 to 120 minutes after waking and setting a cutoff multiple half lives before bed. Morning light, a short walk and breakfast come first, then the cup. The idea is to let the natural wake signal rise before adding stimulation, which may help some people feel less reliant on a second cup.

There are no exact clock time cutoffs for each drink type, only half life ranges and planner rules. A practical translation for a reader with lights out near eleven looks like this. With a slow half life near 7 to 9 hours, even a morning drip cup can leave more than 50 mg by night. In early afternoon, a tea with a fast half life near 3 to 4 hours may still clear in time. Sensitivity and age matter, so personal testing beats a fixed rule.

A two week reset to learn your dose

There is no exact two week taper schedule to share here. The plan below is a framework built from the dose facts and planner rules, not a studied protocol. Keep notes on the nightstand, lamp low, phone face down.

Week one is mapping. Days one to three, keep the usual cup but log size, time and sleep onset. Days four to seven, delay the first cup by 60 to 120 minutes after waking and hold one cup only. Notice afternoon energy, the hour before bed and first light alertness.

Week two is lowering. Shift drip to half caf or to a 48 mg mushroom coffee, or matcha at 30 to 70 mg. Hold that dose for four days. For the last three days, try the lowest dose that still allows clear work, such as tea or RYZE Mushroom Matcha at 30 mg. End by choosing the smallest morning dose that supports attention without pushing bedtime later.

Wind down anchors help the reset hold. Dim lights after dinner, keep the bedroom cool and quiet, and step into soft morning light soon after waking. When nights stay rough for weeks, or jitters bring a racing heart, talk with a primary care clinician or sleep professional rather than pushing through.

06

Do cost per cup math

Cost per cup prices, bag sizes and servings per bag vary, so exact totals cannot be set here. The method still helps. So divide bag price by servings to find cost per cup math, then add milk or sweetener. Serving size and displacement change both price and caffeine.

Start with the bag. Divide the price paid by the number of servings listed on the label. Add milk, oat milk, honey or sugar per cup. A matcha bowl whisked into milk costs more than the powder alone. A cold brew concentrate makes several glasses from one steep, which lowers cost per glass even when the bag looks dear.

Then adjust for caffeine. A full caffeine mushroom coffee at 75 to 95 mg per cup costs near drip per milligram. A 48 mg mushroom coffee serving costs more per milligram of caffeine, but that is the point when less stimulation is wanted. Mixing regular coffee with a low caffeine blend stretches the bag and lowers the average milligrams. Smaller cups do the same work without new products.

Choose with the evening in mind. Better nights often follow smaller, earlier cups. Clearer days follow doses matched to the task, not the largest mug on the shelf.

07

The checklist

☐ Write down your current cup size, brew and time for three mornings

☐ Switch one week to a measured 8 ounce cup

☐ Try matcha at 1 teaspoon and note focus for two hours

☐ Compare plain coffee lift with caffeine plus L-theanine calm

☐ Test the same beans hot and as 12 to 24 hour cold brew

☐ Delay the first cup by 60 to 120 minutes after waking

☐ Set a cutoff several half lives before lights out

☐ Aim for under about 50 mg left by bedtime as a planning guide

☐ Lower week two dose toward 30 to 50 mg if sleep lags

☐ Divide bag price by servings, then add milk cost

☐ Check mushroom labels for form and amount before expecting effects

☐ Keep lights low after dinner and seek soft morning light

08

Sources and further reading

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- High-dose L-theanine–caffeine combination improves neurobehavioural and neurophysiological measures of selective attention in acutely sleep- · cambridge.org
- The Science Behind Cold Brew: Why It's Easier on Your Stomach · blackbirdbeverages.com
- Lion's Mane & Your Brain Cognitive Vitality · alzdiscovery.org
- Cordycepin combined with antioxidant effects improves fatigue caused by excessive exercise · nature.com

For information only, not medical advice. Ongoing trouble sleeping, loud snoring with pauses in breathing, or low mood that lingers deserves a doctor's attention, and supplements can interact with medication.



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Annika looks after the brands Well with Luna works with and makes sure every sponsored page says so. She grew up in Uppsala with very short winter days, which is where her interest in light and sleep began.
