

Over the _____, people have created many traditions around preparing and drinking tea and coffee. Just _____ of the Japanese tea ceremony or British afternoon tea. Why are these drinks so popular? The answer is their secret ingredient—
 5 _____ . In the modern world, we also get caffeine from many canned energy drinks. And the more modern our world gets, the more we seem to need caffeine.
 10 _____ drinks make you less tired and more alert.¹ This double power is part of the _____ why caffeine is the world's most popular mood-changing drug. It is the only habit-forming drug we _____ serve to our children (in soft drinks and chocolate bars). In fact, most babies in the developed world
 15 are born with tiny amounts of caffeine in their bodies. Most people don't think about their caffeine _____ being _____. However, it raises blood pressure and so increases the risk of heart disease. That's why the use of caffeine is _____ to be a problem by scientists and public health authorities. In the United States, for example, many _____ energy drinks carry warnings. In most European countries, manufacturers have to label cans with warnings. In
 20 France and Denmark, you are not even allowed to sell some energy drinks.

On the other hand, there's research that suggests that caffeine may have benefits for human _____. It helps relieve pain, reduces asthma symptoms, and increases
 30 reaction speed.

And it seems we need coffee—or another caffeinated drinks—to get us out of bed and back to work. Charles Czeisler, a neuroscientist at Harvard Medical School, explains that people _____ went to
 35 sleep following sunset and woke up after sunrise. Then the way we worked changed, and people did more jobs _____. Consequently, we had to adapt. Electric light and caffeinated food and drinks _____ people to follow a less natural work pattern. Without caffeine, the 24-hour society of the developed world simply
 40 couldn't exist.

"Caffeine helps people try to ignore the natural human rhythms," Czeisler says. He _____ us that "there is a heavy, heavy price to pay" for all this extra _____.
 45 Without enough sleep—the traditional 8 hours out of each 24 is about right—the human body will not function at its best, either physically, mentally, or emotionally.

According to Czeisler, the modern _____ for caffeine is a Catch-22 situation. "The main reason that people want caffeine is to stay awake," he says. "But the main reason that people can't stay awake is they don't get enough regular sleep—because they use caffeine."

3 What are the effects of caffeine? Complete the table.

Harmful effects	Beneficial effects
changes your mood	makes you less tired
¹ _____ blood	relieves
pressure	³ _____
increases the	reduces
² _____	⁴ _____
of heart disease	symptoms

4 Complete these sentences with words from the article.

- Caffeine is an _____ in tea, coffee, soft drinks, energy drinks, and chocolate.
- Caffeine is a drug that changes your _____.
- Several countries put health _____ on energy drinks.
- People today have changed to a less natural work _____.
- Caffeine is popular with people who need to stay _____.