

# Getting your caffeine buzz started in the shower

By *srlinuxx*

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Ah, sweet, sweet caffeine. Whether your chosen delivery device is a Triple Red Eye from Starbucks or a liter of Mountain Dew, nothing beats the gentle jolt into full wakefulness provided by the humble  $C_8H_{10}N_4O_2$  molecule. Oral delivery by means of caffeinated liquids has long been the preferred method of getting one's caffeine buzz on. In a cruel twist of fate, some people are unable to brew a pot of coffee, a latte, or figure out how to open a can of Mountain Dew right after waking up, due to that very same lack of caffeine.

What's a caffeine-loving geek to do? Enter Shower Shock. In the search for ever-more-efficient ways to ingest caffeine, someone came up with the bright idea of adding caffeine to soap. That way, all you need to do is stumble out of bed and into the shower, wash with a bar of caffeine-infused soap, and you're well on your way to full wakefulness.

I'm a long-time caffeine addict, or as we used to say in the 1980s, a Coffee Achiever. I've tried with varying degrees of success to kick the habit, and I am even married to someone who avoids the blessed molecule completely. I've managed to stay off of it for a couple of years on more than one occasion. But in the end, I always come stumbling back to the precious bean.

My current intake comes primarily in the form of coffee. On the weekends, that comes in the form of approximately a quart of Starbucks Sumatran, French Roast, or Komodo Dragon coffee freshly ground and brewed using a paper cone filter. I can accomplish nothing meaningful on a Saturday or Sunday morning until I've sat down on the couch the newspaper and made my way through at least half of the morning's brew. During the week, I generally hold off on the coffee until I get into the office. I either grab a large coffee at the cafeteria in my building on my way in, or brew some right after arriving. Either way, I'm here, but not here until I've got some coffee in my system.

After acknowledging the depths of my addiction and subsequently resigning myself to it, I was intrigued by Shower Shock's promise of a cup of coffee in every wash. Depending on a number of factors, a regular cup of coffee contains anywhere from 120 to 200mg of caffeine. Shower Shock says each bar delivers 12 washes of 200mg each. So if nothing else, I was hoping the soap would give me a nice little jump start on my daily fix. Oh, and I was hoping it would get me clean, too.

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