

# Too much coffee and stress can lead to hallucinations, La Trobe University study warns

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## *Herald Sun:*

A La Trobe University study has found stressed people who have consumed five cups of coffee can exhibit signs of hallucination.

Professor Simon Crowe from the School of Psychological Sciences examined the effect of stress and caffeine on 92 participants.

Prof Crowe found stressed people who had consumed about 200mg of caffeine during the day were more likely to imagine hearing things.

“What we did is we brought people into the lab while listening to White Christmas and then told them we were going to play some white noise,” he told mX.

Read more: [Herald Sun](#)