



Caffeine Productivity & Rest Analysis

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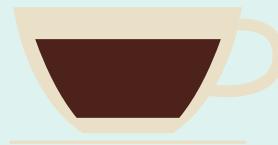
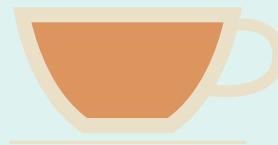
Introduction

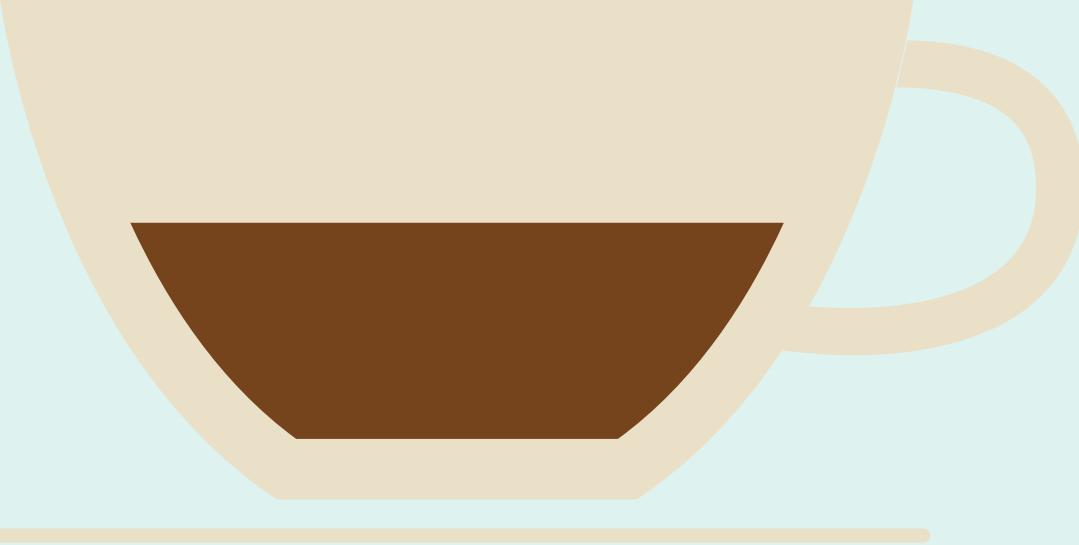
**Data Sourcing
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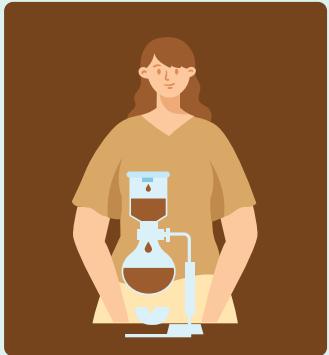
**Discussion &
Conclusion**





Introduction

Background



- Lots of people rely on caffeine via coffee, tea, or energy drinks on a daily basis to:
 - Stay awake
 - Study fuel
 - Get through long days
- It is not always clear how each type of caffeinated beverage actually affects:
 - Focus during the day
 - Sleep quality at night
- We wanted to look at the data and see how caffeine truly affects people

Research Questions

1.

Does the type of
caffeinated beverage
(coffee, tea, or energy
drink) affect focus
levels?

2.

Does beverage type
affect sleep outcomes,
including sleep quality
and whether sleep was
negatively impacted?



3.

How do other factors
like caffeine amount
and time of day interact
with beverage type
when it comes to focus
and sleep?

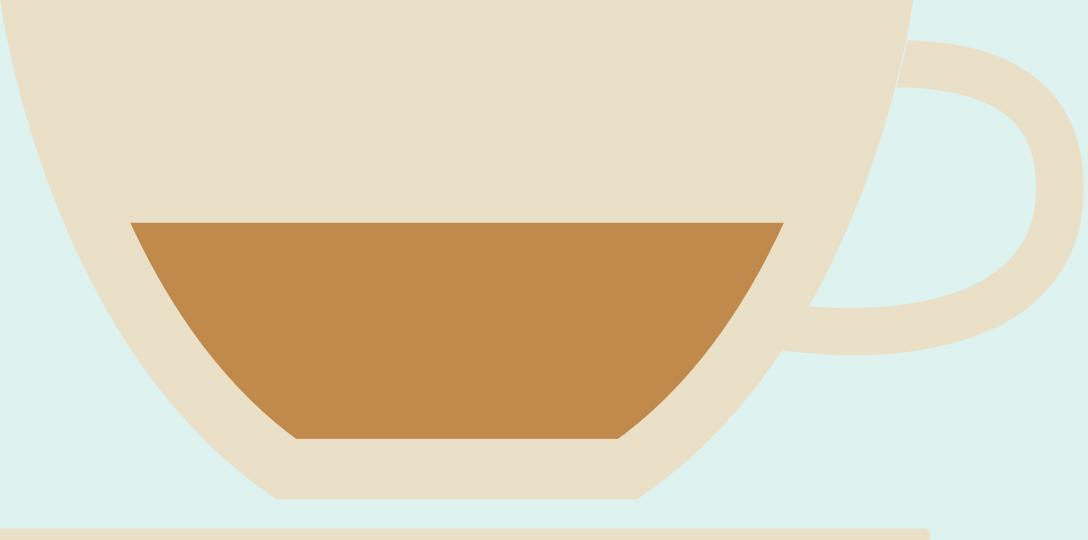
4.

(Stretch goal) Can we
build a simple predictive
model to estimate the
probability that a
person's sleep will be
impacted, based on their
caffeine intake pattern?

Hypothesis



- Coffee and energy drinks will have *higher focus levels* on average, but will have a *negative impact* on sleep and sleep quality as opposed to tea.
- More specifically, we expect:
 - Focus: Coffee and energy drink drinkers will report higher focus_level than tea drinkers.
 - Sleep quality: Tea drinkers will have higher average sleep_quality scores.
 - Sleep impact: Coffee and especially energy drinks will show higher rates of sleep_impacted = 1 than tea.



Data Sourcing & Processing

Data Set

- Found on Kaggle
- “Caffeine Intake Tracker”
- Collected by Preksha Dewoolkar
- 500 observations, 13 features
- Data collected through a comprehensive survey study involving 500 participants who tracked their caffeine consumption patterns and subsequent effects
- Data represents a snapshot of caffeine consumption habits:
 - impact on focus and sleep quality
 - Collected through standardized self-reporting methods



Data Columns



caffeine_mg

Amount of caffeine consumed
(normalized)



age

Age of the participant
(normalized)



focus_level

Self-reported focus level on a 0-1
scale



gender_female, gender_male

One-hot encoded gender
variables

sleep_quality

Self-reported sleep quality on a
0-1 scale



sleep_impact

Binary flag (1 = sleep was
negatively impacted, 0 = no
impact)



beverage_coffee, beverage_tea, beverage_energy_drink

One-hot encoded beverage type



time_of_day_morning, time_of_day_afternoon, time_of_day_evening

When the person consumed
caffeine



Data Processing



Loaded
dataset using
Pandas



Check for:
no missing
values and
correct data
types



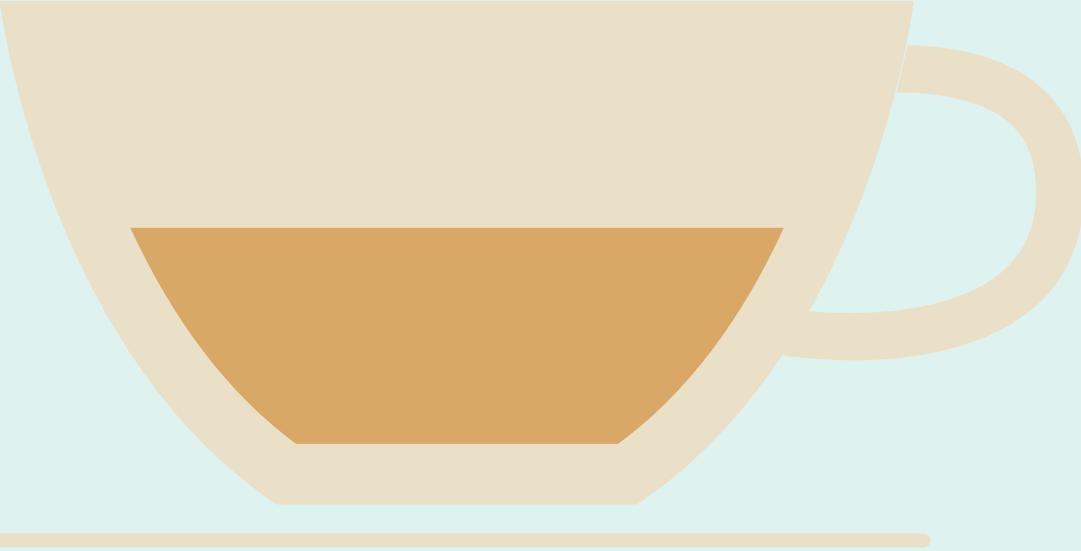
**Combined
Coffee, Tea,
Energy Drink:**
beverage_type



**Verified
distributions and
normalized
numerical fields
when necessary**

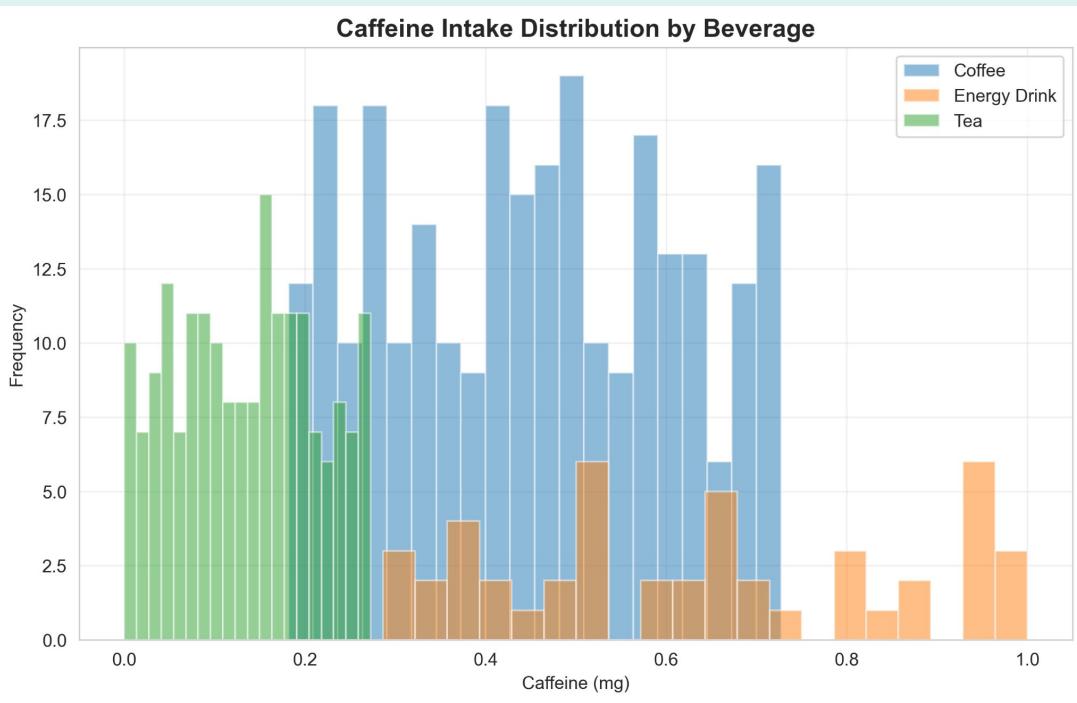


**Prepared features
for modeling:**
caffeine_mg, age,
one-hot beverage
and time-of-day
variables. gender
indicators



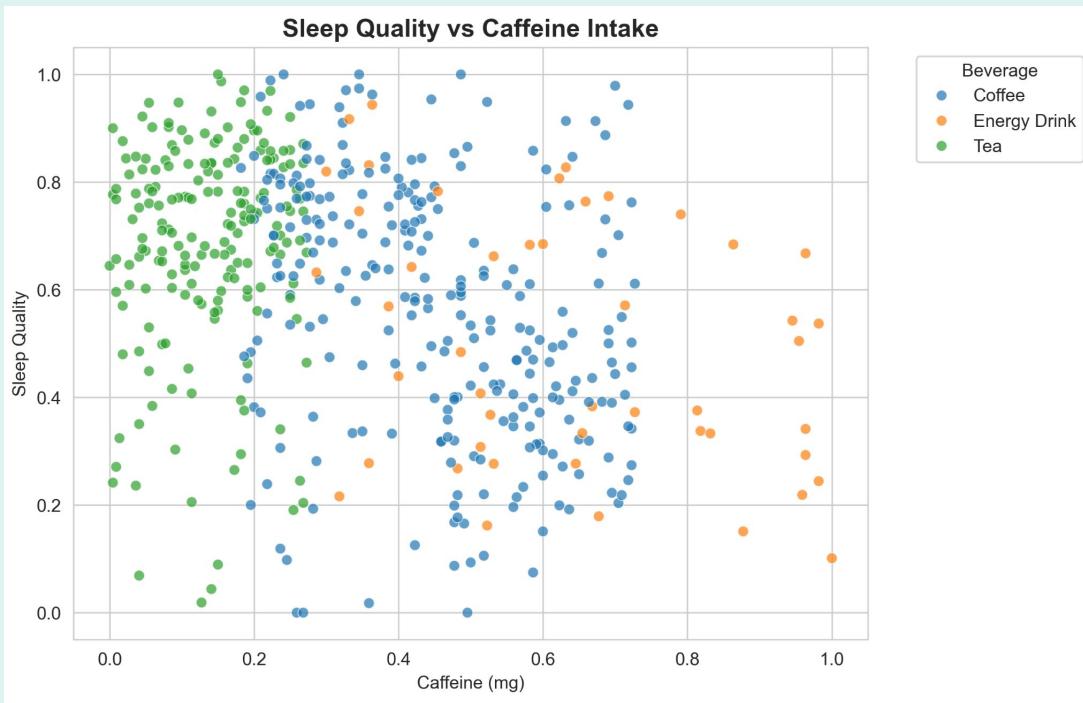
Exploratory Data Analysis

Caffeine Intake Distribution by Beverage



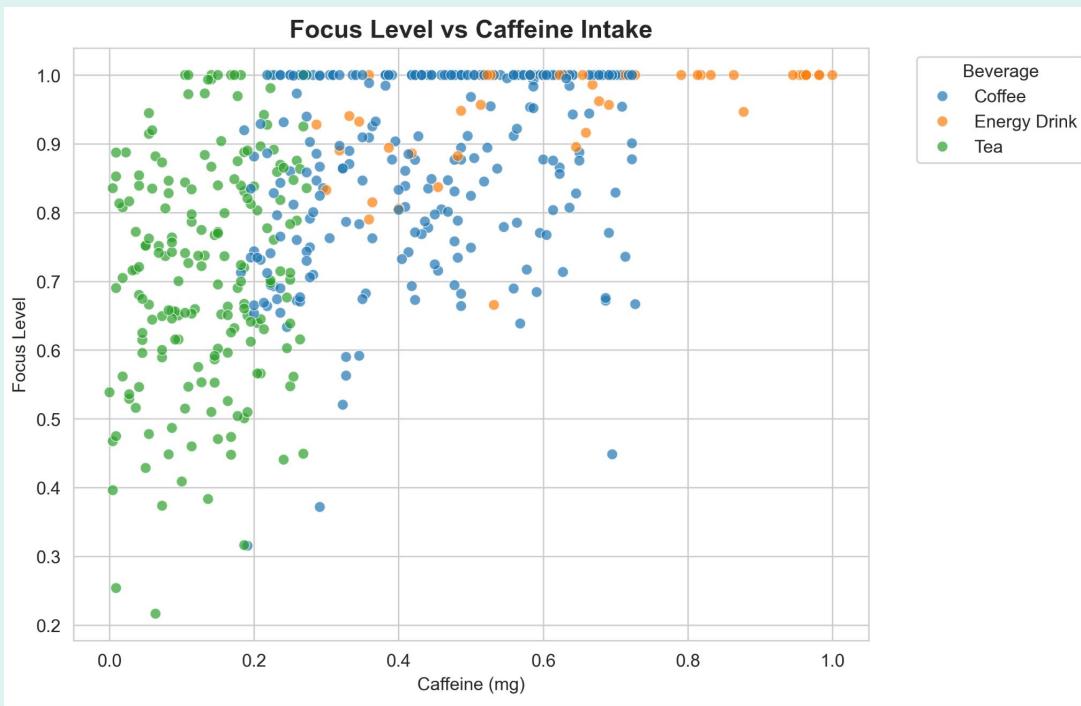
- Bar chart
- X axis = Caffeine (in milligrams)
- Y axis = Frequency of consumption

Sleep Quality vs. Caffeine Intake



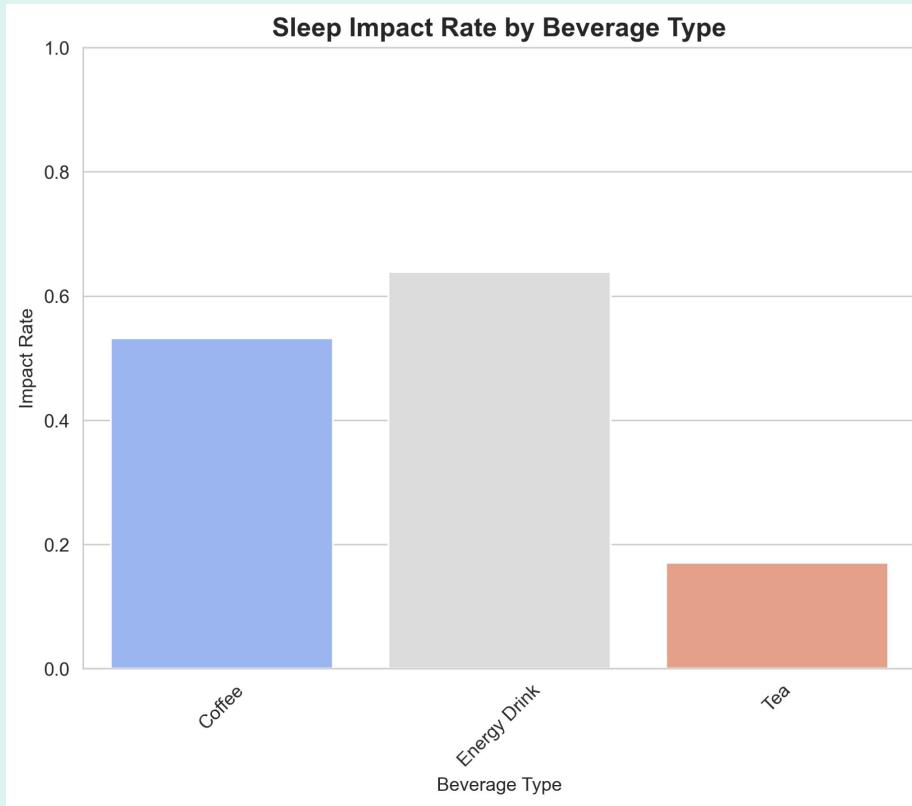
- Scatterplot
- X axis = Caffeine (in milligrams)
- Y axis = Sleep quality (scale of 0-1)

Focus Level vs. Caffeine Intake



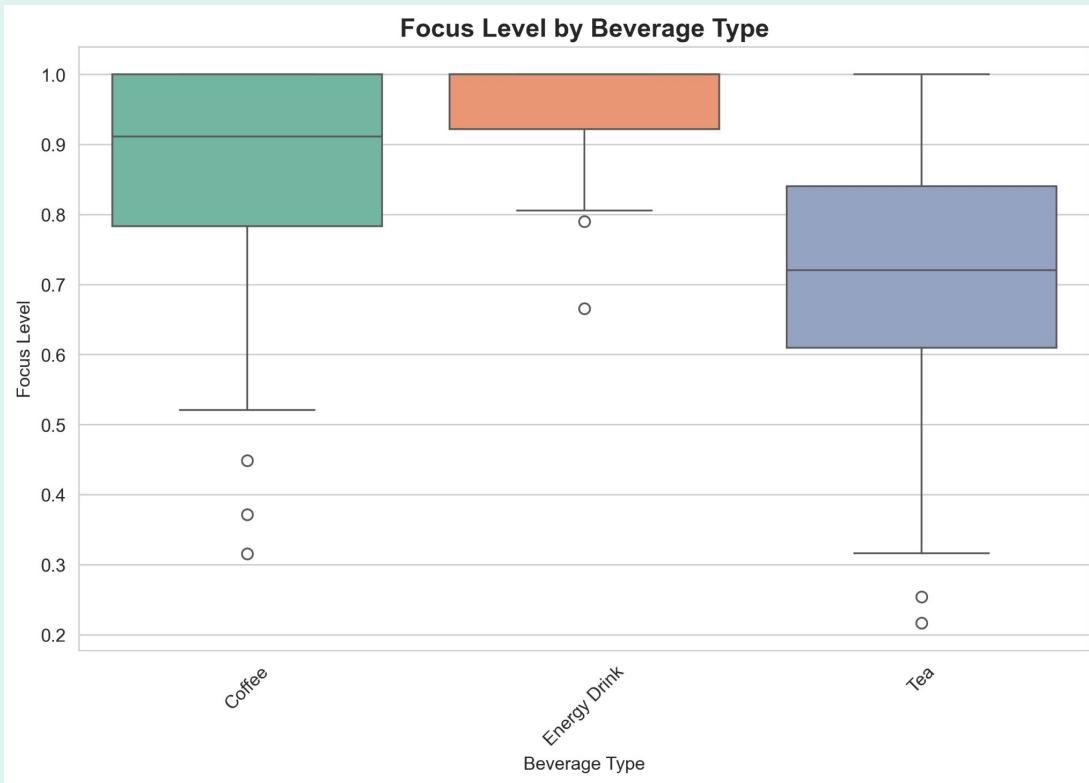
- Scatterplot
- X axis = Caffeine (in milligrams)
- Y axis = Focus Level (scale of 0-1)

Sleep Impact by Beverage Type



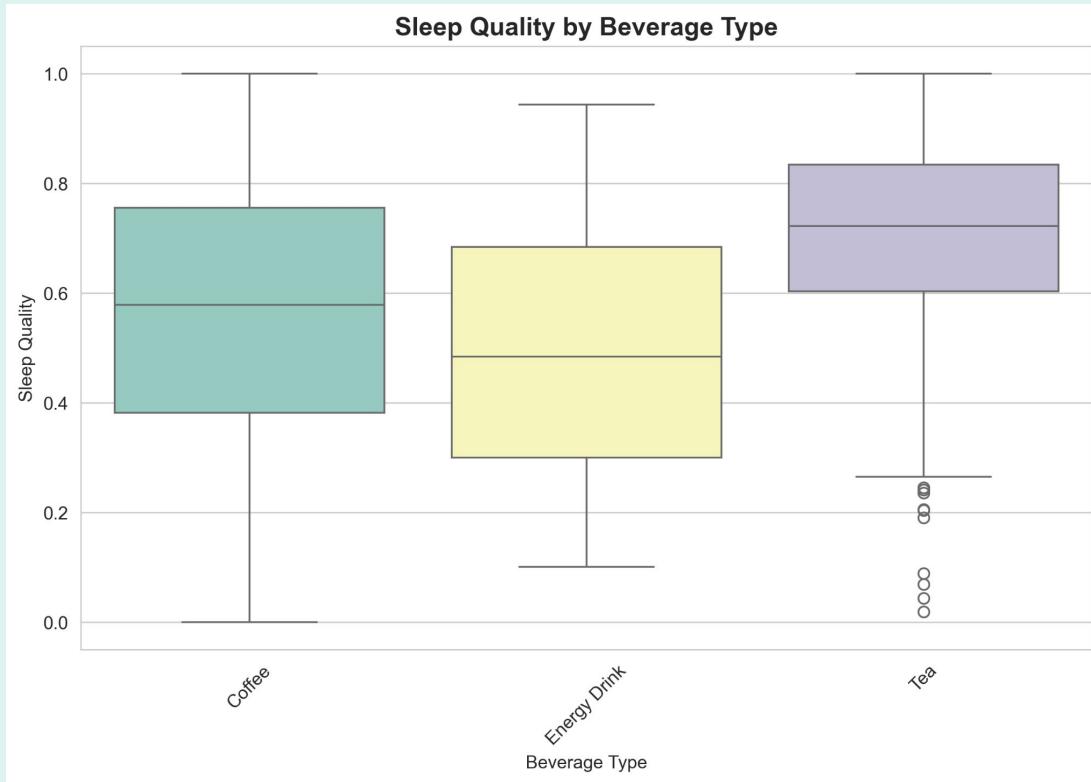
- Bar chart
- X axis = Beverage Type
- Y axis = Impact Rate (scale of 0-1)

Focus Level by Beverage Type



- Box plot
- X axis = Beverage Type
- Y axis = Focus Level (scale of 0-1)

Sleep Quality by Beverage Type

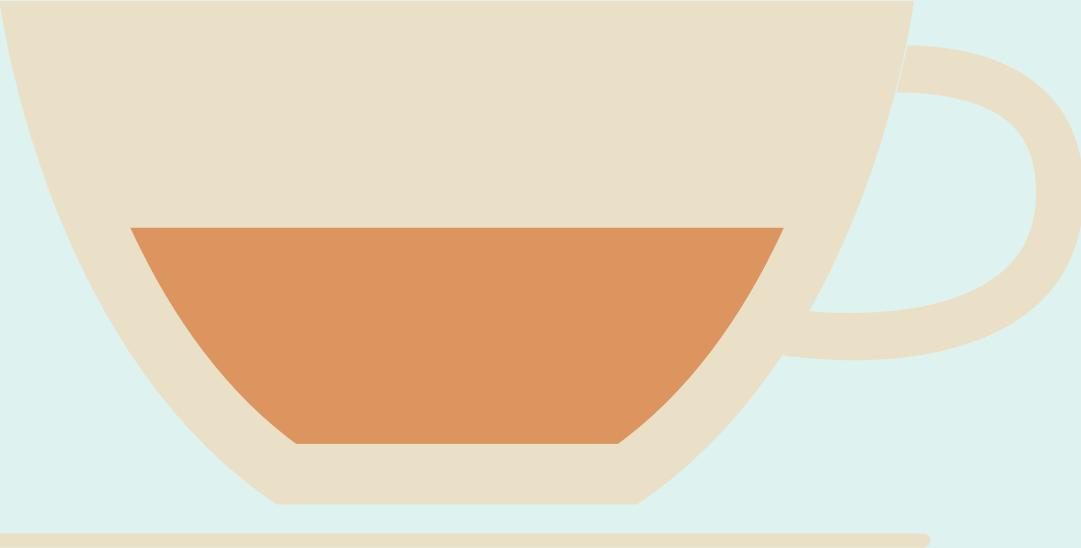


- Box plot
- X axis = Beverage Type
- Y axis = Sleep quality (scale of 0-1)

Graph Interpretations



- Energy drink users tend to cluster at lower sleep quality scores
- Coffee has the widest spread of focus levels
- Tea appears to have the least negative impact on sleep



Modeling & Analysis

Models



Logistic Regression

Fast and interpretable

Good for understanding
feature impact

Suitable for binary
classification (sleep
impacted: yes/no)



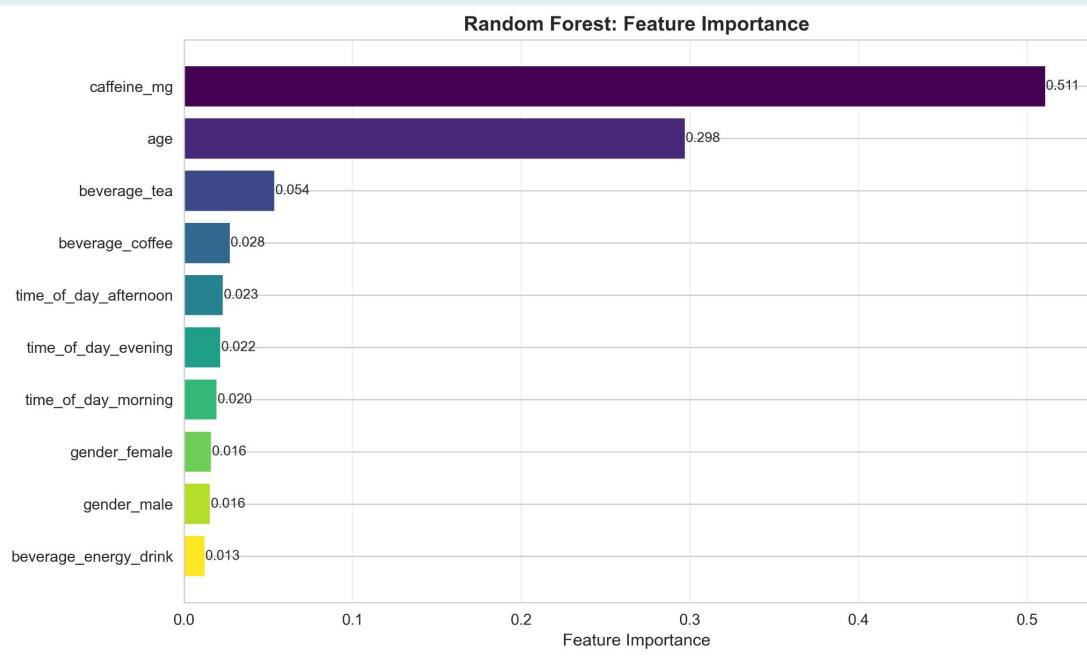
Random Forest

Captures complex
interactions between
features

Provides feature importance
rankings

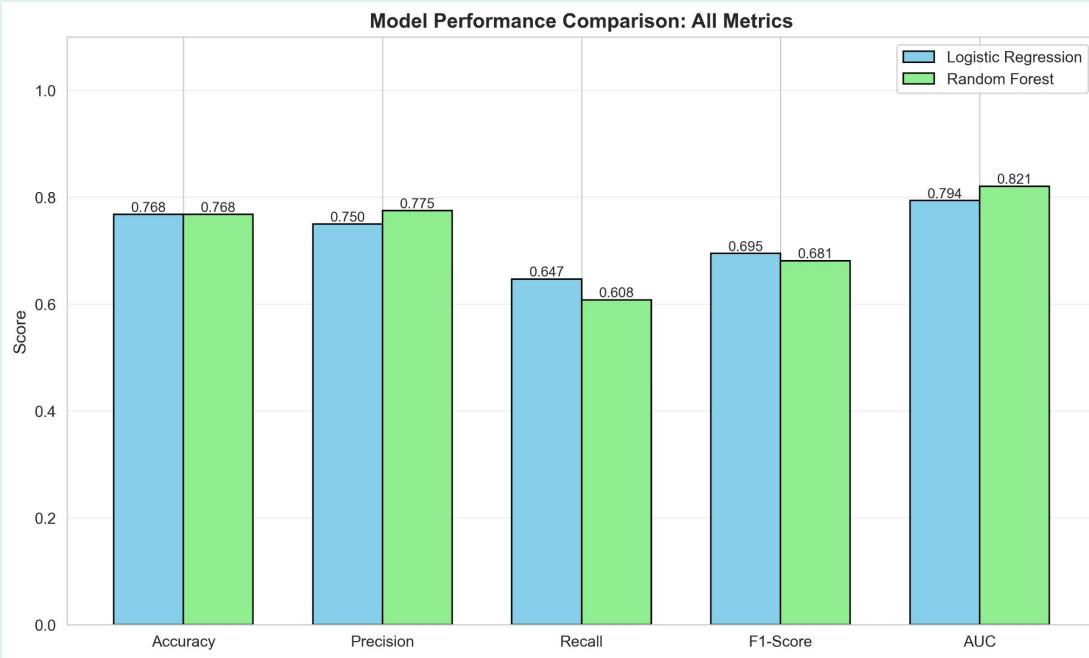
Less prone to overfitting

Random Forest: Feature Importance



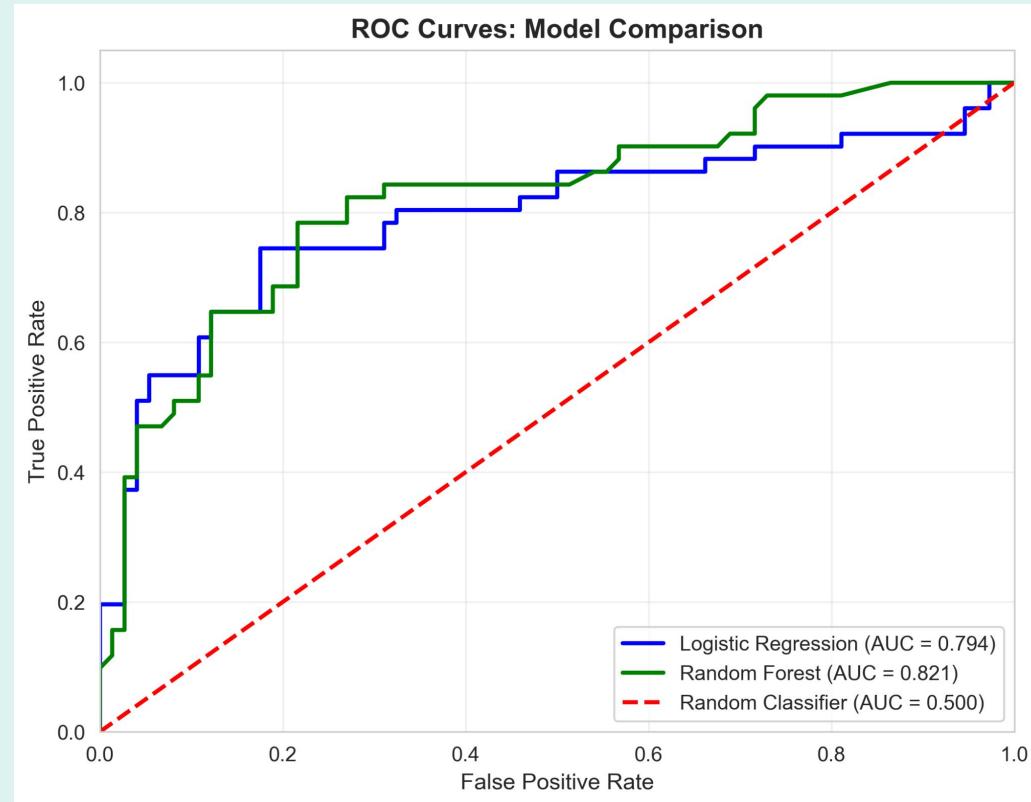
- Bar chart ranking feature importance from Random Forest
- Top Findings:
 - Caffeine (mg): 51.12% - Dominant predictor (as expected)
 - Age: 29.75% - Second most important
 - Beverage type: Tea (5.4%), Coffee (2.8%), Energy (1.3%)
 - Time of day & Gender: <2% combined importance

Model Performance Comparison: All Metrics



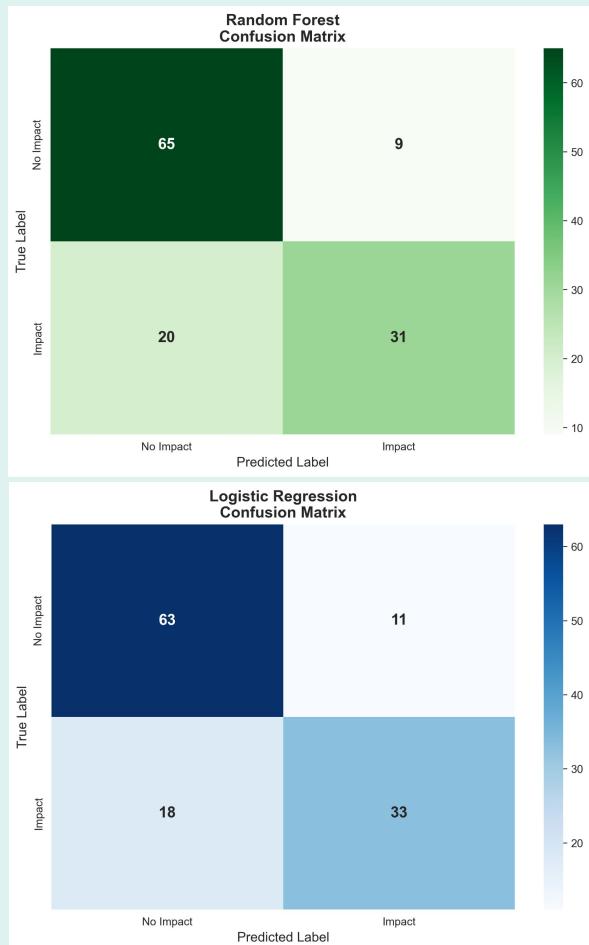
- Side-by-side confusion matrices for both models
- Interpretation:
 - Logistic Regression: 63 TN, 11 FP, 18 FN, 33 TP
 - Random Forest: 65 TN, 9 FP, 20 FN, 31 TP
 - RF has fewer false positives, better at identifying true negatives

ROC Curves



- ROC curves comparing both models
- Interpretation:
 - Logistic Regression AUC: 0.7939
 - Random Forest AUC: 0.8207
 - RF's higher AUC indicates superior ability to distinguish between sleep impact and no impact

Confusion Matrix



- Bar chart comparing 5 metrics (Accuracy, Precision, Recall, F1, AUC)

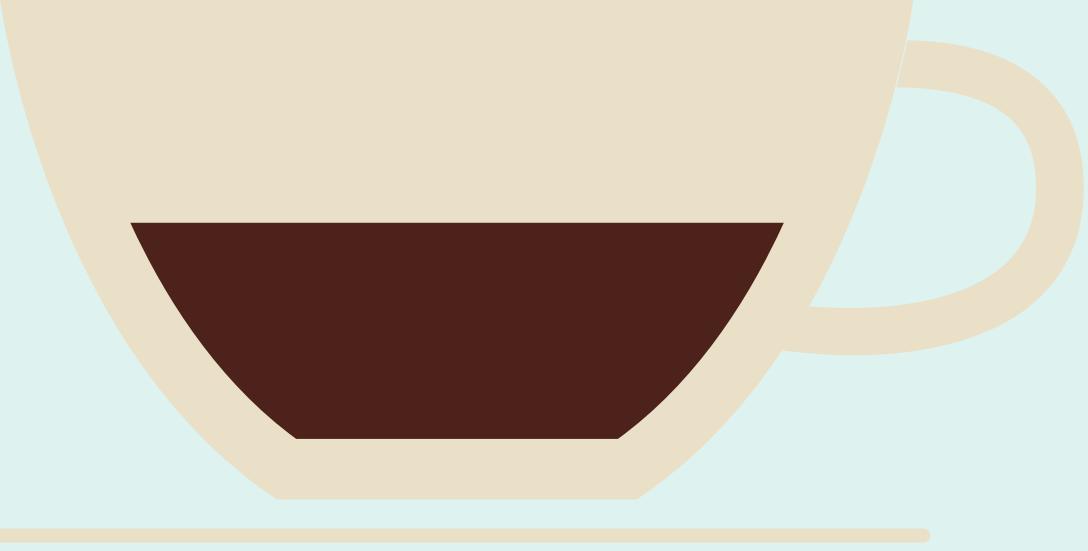
Key Metrics	Logistic Regression	Random Forest
Accuracy	76.80%	76.80%
Precision	75.00%	77.50%
Recall	64.71%	60.78%
F1-Score	69.47%	68.13%
AUC	79.39%	82.07%

Best Model?

Random Forest

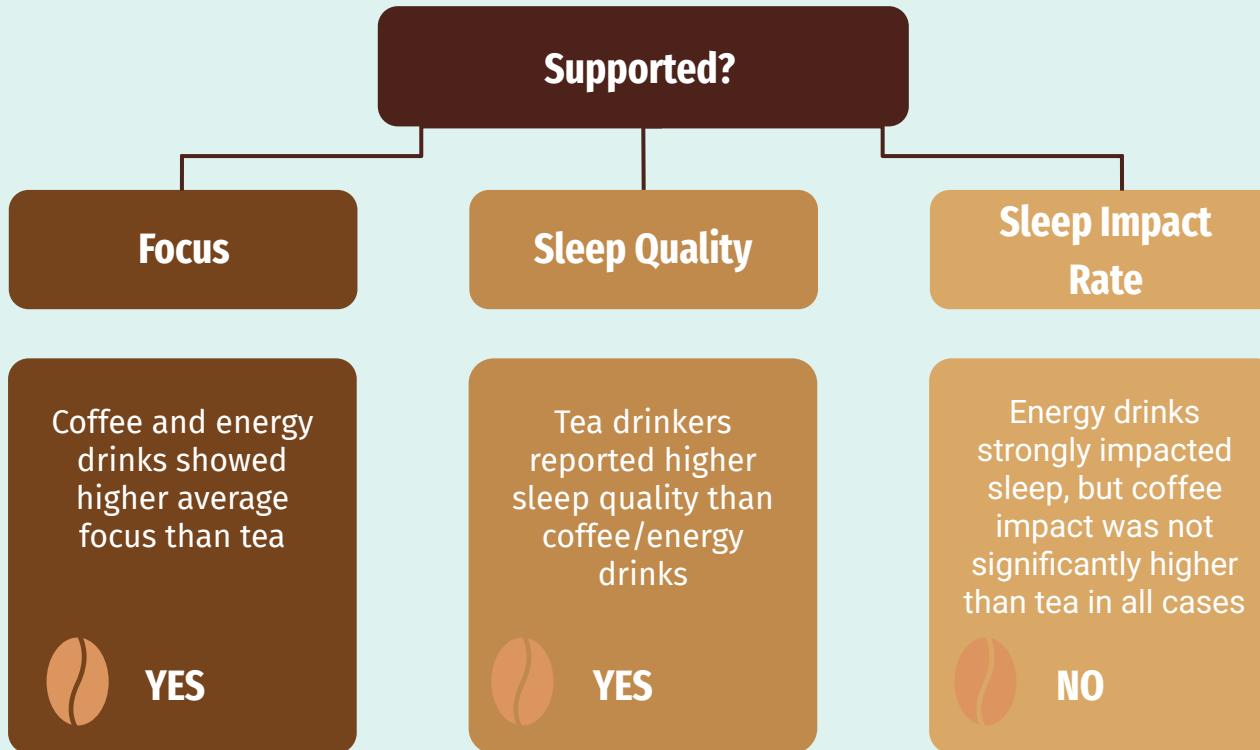
- Superior AUC (0.8207 vs 0.7939)
 - Better overall discrimination
- Higher precision (77.5% vs 75%)
 - Fewer false positives
- Captures non-linear caffeine-sleep relationships
- Feature importance reveals caffeine is the dominant factor (51%)
 - Confirms our hypothesis
- Most Important Predictive Factors
 - Caffeine mg
 - Evening consumption
 - Energy drink consumption
 - Coffee consumption





Discussion & Conclusion

Hypothesis Evaluation



Conclusions

Coffee and energy drinks do improve focus more than tea.

Tea is consistently associated with better sleep outcomes

Energy drinks carry the highest risk of sleep disruption

01

02

03

04

05



Caffeine amount and time of day significantly influence sleep impact

A Random Forest model can reasonably predict sleep disruption

Limitations

Self-reported
metrics introduce
subjective bias



Dataset size is
limited ($n = 500$)

One-hot beverage
data limits nuance
(e.g., no dosage or
brand type)

Future Work

Expand dataset
with more daily
logs

Explore clustering to
identify caffeine-use
behavior segments



Include physiological
measures like heart
rate or sleep-tracker
data

Build a Streamlit
dashboard

Daily caffeine
intake logs
over weeks



Thank You!

Q&A