# Data

**Group 1-** Test subjects in this group were asked to increase their caffeine intake. People who regularly consumed 0-1 servings of caffeine had an abundance of caffeine, raising their intake to 3-4 servings.

Out of the 10 test subjects in this group, 8 experienced an increase in their concentration level.

All 10 test subjects felt more alert in class and more awake during the day.

There was a 5 and 5 split when it came to listening to teachers or reading during class.

9 people felt like they had more energy throughout the day, while only 1 person felt the opposite and had less energy.

Almost everybody experienced some side effects, but 2 people had none. Some people experienced more than one side effect, but the most common effect people felt was difficulty sleeping. The following is a recap of all the side effects people suffered.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 3 people had only difficulty sleeping as a side effect. |  |  |  |  |  |  |
| 2 people suffered no side effects at all. |  |  |  |  |  |  |
| 1 person just suffered from headaches |  |  |  |  |  |  |
| 2 people suffered from headaches and difficulty sleeping. |  |  |  |  |  |  |
| 1 person had difficulty sleeping and experienced stomachaches. |  |  |  |  |  |  |
| 1 person had headaches, difficulty sleeping, and suffered from dizziness. |  |  |  |  |  |  |

40% of the test subjects got their normal hours of sleeping during the experiment, but more than half did not.

90% of the test subjects ate normally during the period of experimentation.

7 people would not continue their new caffeine intake and said that their normal intake helped them the most.

\*See the graph labeled “Group 1” to clarify any questions about the data. \*

**Group 2-** This group was the control group. They consumed on average caffeine twice a day and continued their normal routine. No one experienced any increase or decrease in the level of energy, concentration, or alertness. None of the subjects had any side effects and they all ate and slept normally. The 10 people in this group basically just kept their normal routine and nothing was out of the ordinary. They also expect to continue their normal caffeine habit.

**Group 3-** These test subjects were asked to cut down on their caffeine. They went from having caffeine 3-4 times a day to once or twice a day.

9 out of the 10 people did not see an increase in their concentration level.

8 people did not feel more alert during class or feel more awake during the day.

All ten people did not find it easier to listen to their teachers or read during class.

Every test subject also found it difficult to complete their work saying that they did not have more energy.

9 out of the 10 people experienced side effects with most of them citing more than one symptom. Fatigue and headaches were the most common side effects with 6 people complaining of each symptom. Mood swings were the least common with only 2 people experiencing that effect. The following is a summary of all the effects each subject experienced.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 person suffered no side effects at all. |  |  |  |  |  |
| 1 person suffered from headaches, dizziness, and stomachaches. |  |  |  |  |  |
| 1 person suffered from only fatigue. |  |  |  |  |  |
| 1 person suffered headaches, mood swings, and fatigue. |  |  |  |  |  |
| 1 person had headaches, dizziness, stomachaches, and fatigue. |  |  |  |  |  |
| 1 person had headaches, dizziness, mood swings, and fatigue. |  |  |  |  |  |
| 2 people suffered from headaches and fatigue. |  |  |  |  |  |
| 2 people had headaches, stomachaches, and fatigue. |  |  |  |  |  |

90% of the test subjects got their normal hours of sleep during experimentation, but all 10 test subjects ate normally.

Only 4 people said that they would continue their new caffeine intake, but 6 people said that they would revert back to their normal routine.

\*See the graph labeled “Group 3” to clarify any questions about the data. \*