|  |  |
| --- | --- |
|  | The test subjects in each area had very similar results, any differences will be noted, but the results were quite congruous. These are the responses we received from each test group.  1: Test subjects who normally had caffeine once a day and were given an  abundance during the experiment (see experiment page for details)  They all said their concentration in classes improved  They felt more awake  They found it easier to read  All but one found it easier to pay attention in class; the one who had difficulties complained of being too restless to sit in school  Two test subjects experienced dizziness, and lightheadedness; one had a loss of appetite, and one experienced no side effects  They all ate and slept as they normally do  2: The control group; they normally have caffeine twice a day and they didnít change any habits  Three of the subjects said they normally have caffeine in the morning, two in the afternoon, and three said they had it in the evening  All three test subjects said caffeine doesn't effect their concentration because they are so used to the caffeine; one said she can concentrate better if she has coffee in the morning  Two subjects said they never experience side effects, two said they get headaches if they have too much  3: These subjects normally had caffeine three times a day and were asked to reduce it to one  All the subjects said they normally have caffeine in the afternoon and evening, one said she'd have it in the morning also  All the subjects said their concentration isn't affected by their normal caffeine levels  They all said they were more tired with the reduced caffeine level  They all felt the lesser amount of caffeine made it more difficult to read  None of the subjects head side effects or signs of withdrawals  4: The subjects normally consumed caffeine four or more times a day and were  asked to reduce it to none.  They all said they had caffeine in the afternoon and evening, one had it all day, and one had it in the morning to wake her up  They don't normally notice a difference in concentration when they have a lot of caffeine  With no caffeine, only one found it harder to concentrate, and the one who uses it to wake up had a hard time waking up  They all felt more tired than usual  Two subjects found it more difficult to read with no caffeine, one found it easier, and one didnít notice a difference  Two subjects experienced horrible headaches, and one of them vomited; the other two subjects had no side effects at all  They all ate and slept normally  This flow chart shows the effects of caffeine as demonstrated by our data.  This graph is based on research we did about how much caffeine is in products we use daily. |
|  |  |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)