**Options:**

- Beer

- Energy drinks

- Coffee

**Purpose:**

The purpose of the project is to observe whether alcohol will have an effect on the participants heart rate variability, by causing it to increase or decrease, or not affect it at all.

**The population:**

4 students that already drink

**Procedure: (all 4 simultaneously)**

1) Measure the heart rate variability before drinking while the participant is still for at least 2 minutes

2) Then the participants will be instructed to drink 1 pint of beer (ravens ale) within 20 minutes, either at olivers/mike's place

3) After drinking the beer, the participants will return to the lab and rest for 5 mins upon arrival

4) The heart rate of the participant will then be measured again

5) The recordings of the heat rate will be between 1-5 minutes

6) Total time of experiment will range from 45 to 60 minutes

**Exclusion Criteria:**

1) Individuals under 19

2) Individuals whom don’t already drink