

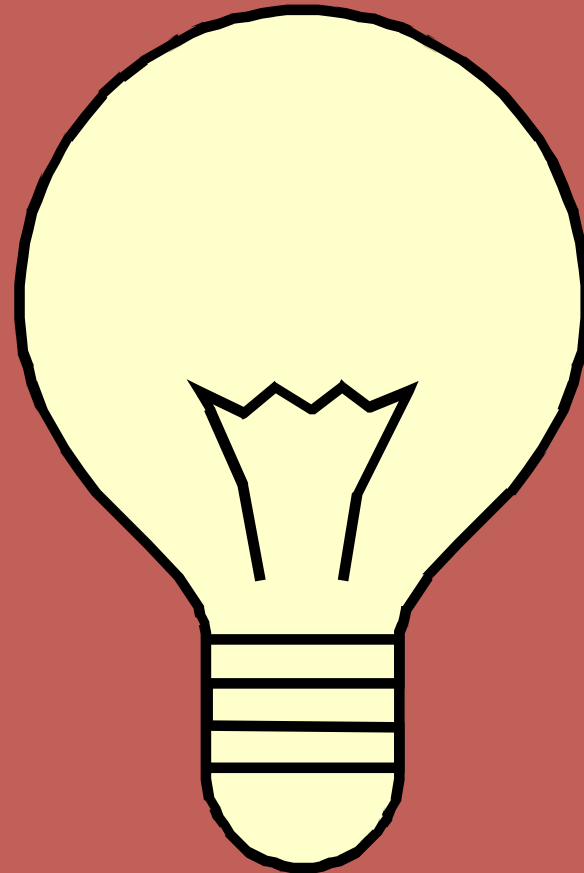
CMST Project Caffeine Effect on People East High School

Advisors: Mrs. Sanchez and Mr. Newman



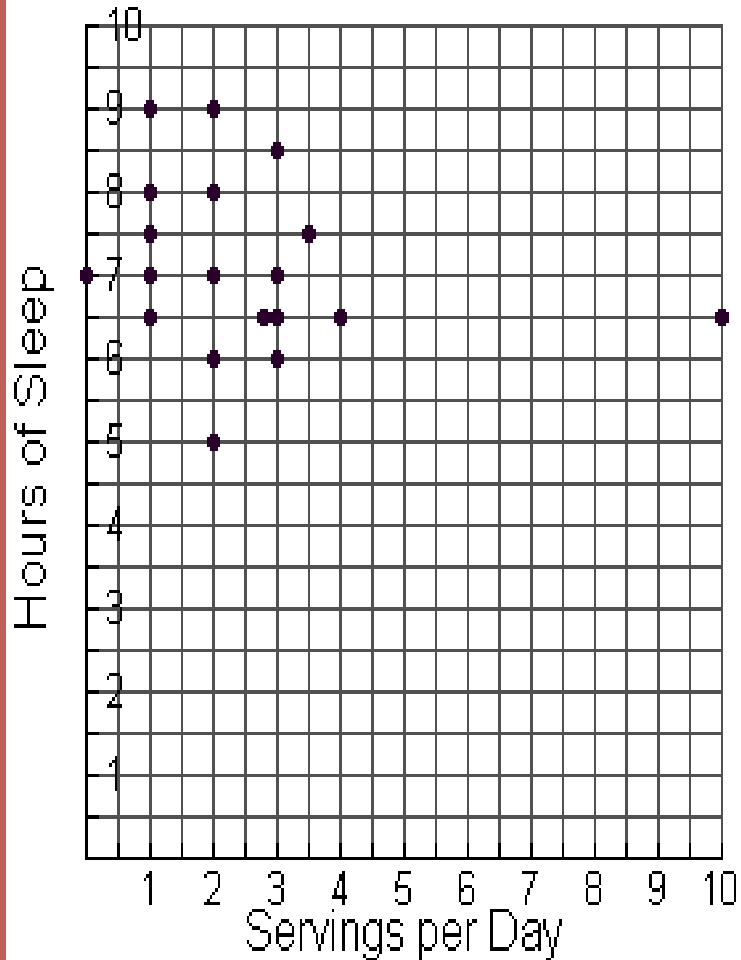
Requirements




- Accurate data
- Food intake for 3 weeks
- Voluntary students
- Effects of Caffeine



Regular Week Data

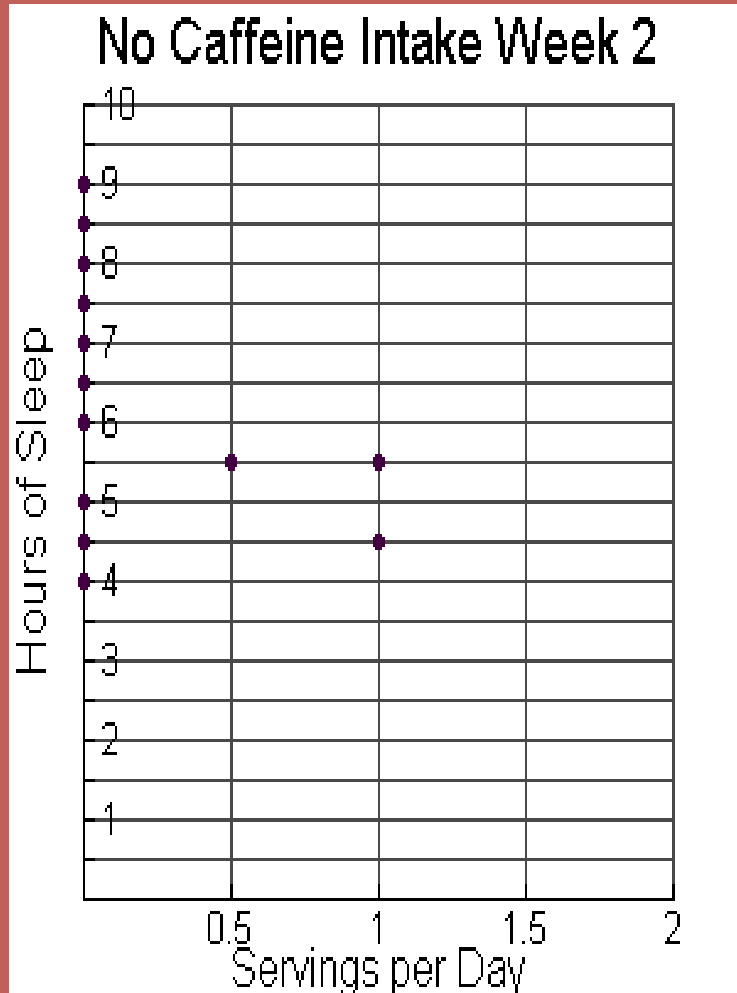
Regular Caffeine Intake Week 1



-  More hours of sleep
-  Not a lot of servings
-  Less naps needed



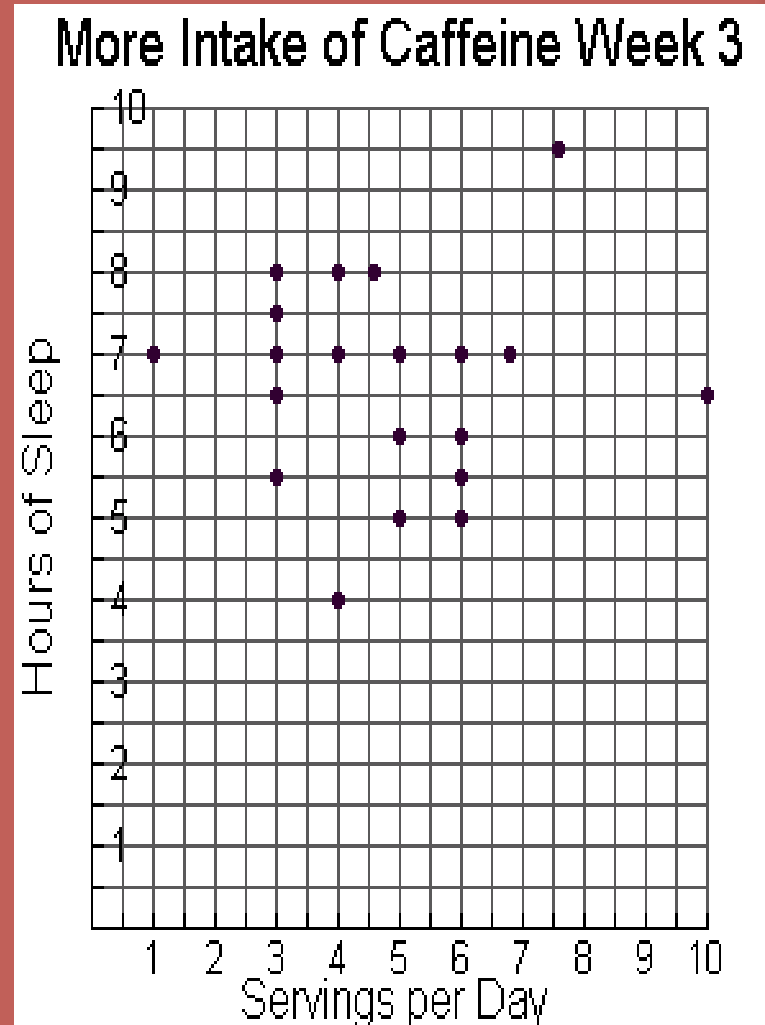
No Caffeine Data



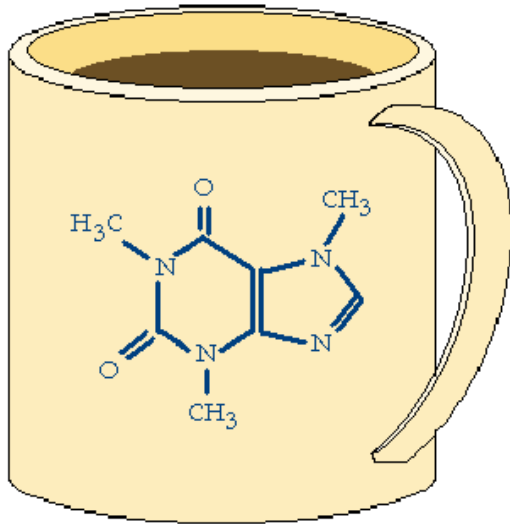
- +hours of sleep
- Less tired
- No irregular effects
- withdraw

More than usual

- Less hours of sleep
- Hyper ness occurs
- No effects of tiredness



Conclusion



- Overlooked individual reports which gave us date
- Converted data into charts and analyzed it
- Could of planned out project better before beginning anything.
- Caffeine does have a part in an individuals sleeping hours