

A 7 Day Caffeine Intake Log

Brain Studies

September 23, 2024

Objective

The goal of this project is to track and analyze your caffeine intake over the course of one week. This project will help you understand the effects of caffeine on the brain and body, recognize personal consumption patterns, and connect their experiences to neuroscience concepts related to neurotransmitters and stimulant drugs.

Instructions

1. Begin by researching how caffeine affects the nervous system. Research topics such as:
 - Caffeine as a stimulant
 - Its effect on adenosine receptors
 - How it influences neurotransmitters like dopamine and norepinephrine
 - Caffeines effect on mood, sleep, and energy levels.
2. Track your caffeine intake for 7 days. Over the next week, log every item you consume that contains caffeine. Record the following for each item:
 - **Date and time** you consumed the item
 - **The name or type** of the caffeinated item (e.g., "Latte," "Dark Chocolate")
 - **Serving Size:** How much you consumed (e.g., "12 oz coffee," "1 energy drink")
 - **Estimated Caffeine Content:** Look up the caffeine content in mg (use labels or online resources)
 - **Reason for Consumption:** Note why you chose to consume the item (e.g., "Needed energy for studying," "Habit")
3. Observe Your Physical and Mental Responses After each caffeinated intake, write down (Use bullet points for quick observations.):
 - **Short-Term Effects (within 1-2 hours):** How do you feel physically (alert, jittery, anxious)? Any changes in focus or mood?
 - **Long-Term Effects (hours later or next day):** Note any impacts on sleep, irritability, or energy levels.

Analysis

At the end of the week, review your log and answer the following questions in a summary.

- **Total Caffeine Consumption:** Calculate your average daily caffeine intake in milligrams (mg).
- **Peak Caffeine Times:** When did you consume the most caffeine? Is there a pattern (e.g., mornings, evenings)?
- **Effects on Mood and Energy:** How did caffeine affect your mental state and physical energy throughout the week?
- **Sleep Impact:** Did caffeine intake affect your sleep patterns or quality?
- **Consumption Reasons:** What were your most common reasons for consuming caffeine?
- **Self-Assessment:** Were you surprised by your consumption patterns? Do you want to change anything about your caffeine habits?