

This is Your Brain Off Coffee...

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Problem

WPI undergraduates drink coffee to alleviate fatigue and stress. However, too much coffee is unhealthy.

Project Question

If students admit their habit and choose a healthy substitute, will they reduce the amount of coffee they drink?

Methodology

Select 20 Undergraduates at WPI who admit to drink coffee excessively.

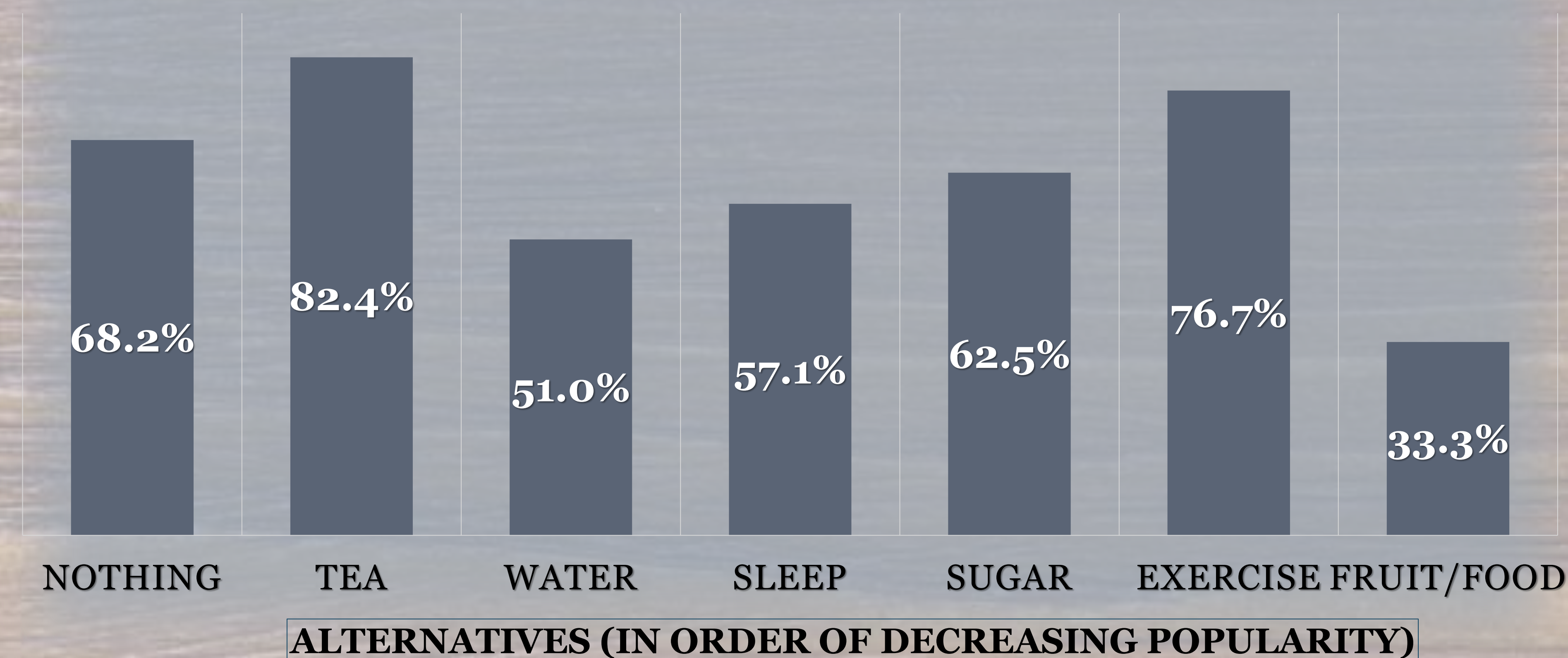
Survey volunteers to establish a baseline of frequency, amount, time of day, additive, and how they intend to replace coffee.

Monitor volunteers progress for seven days through daily emails.

Survey volunteers to determine changes in their coffee use.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Person 1	Sleep	Sleep	Nothing	Nothing	Sleep	Sleep	Sleep
Person 2	Nothing	Nothing	Nothing	Nothing	Nothing	Tea	Nothing
Person 3	Water	Sugar	Sugar	Water	Food	Sugar	Sugar
Person 4	Exercise	Tea	Exercise	Tea	Exercise	Sleep	Sleep
Person 5	Nothing	Nothing	Nothing	Nothing	Nothing	Nothing	Nothing
Person 6	Tea	Tea	Tea	Tea	Tea	Tea	Tea
Person 7	Tea	Tea	Tea	Tea	Tea	coffee	Sleep
Person 8	Nothing	Tea	Tea	Tea	Tea	Tea	Tea
Person 9	Tea	Exercise	Exercise	Tea	Exercise	Tea	Tea
Person 10	Water	Water	Water	Tea	Tea	Water	Water
Person 11	Water	Water	Water	Water	Tea	Tea	Tea
Person 12	Fruit	Water	Water	Fruit	Water	Sleep	Sleep
Person 13	Nothing	Nothing	Nothing	Nothing	Nothing	Nothing	Nothing
Person 14	Nothing	Nothing	Sugar	Nothing	Nothing	Sugar	Sugar
Person 15	Water	Water	Sugar	Water	Water	Water	Water

EFFECTIVENESS OF ALTERNATIVES



Discussion

In a follow-up study, a more rigorous experiment could be used to investigate the effect of the substitutes. An example would be using a randomized experiment to test whether substituting tea for coffee has significant correlation with reduction in coffee consumption.

Reference

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Q: DID YOU FEEL LACK OF ENERGY THROUGHOUT THE WEEK?



Q: DO YOU PLAN TO RESUME DRINKING COFFEE?

