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Caffeine Intake Does Not Negatively Affect Heart Rate Variability in Physically Active University Students: Preliminary Findings

Introduction: Caffeine is a widely consumed stimulant on the beverage market. It is known to affect the autonomic nervous system (ANS), influencing the balance of parasympathetic versus sympathetic drive. This can be measured by heart rate variability (HRV) – fine scale changes in normal sinus rhythm. Little research done regarding the influence caffeinated drinks have on HRV in active university students. The purpose of this study is to examine the relationship between habitual caffeine intake and morning HRV readings in this population.

Methods: Healthy Participants (N=22) were drawn from two related studies. Participants had no medications, recreationally active, but not on sports teams. Subjects were given a daily diet log over 3-4 d to record food and drink intake, which was analyzed for caffeine (mg) using the Food Processor software (ESHA Research, Salem OR). Fasted daily HRV was taken on a 100 scale and recorded (ithlete, Southampton, UK).

Results: Results will be shared during scholar day.

Conclusion: Conclusion will be shared during scholar day

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