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## The Effects of Caffeine-Based Product Consumption in the Study Routine and Quality of Rest among Nursing Students

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### Abstract

We examined caffeine's impact on study routines and sleep among nursing students, exploring whether caffeine aids academic performance at the expense of rest. With cultural insights from existing research, the study aims to inform strategies that balance caffeine use with students' well-being and academic success. The study is a quantitative descriptive research investigation into caffeine's effects on nursing students' study habits and rest quality. Using Slovin's formula, 175 participants were selected from 312 students. Data collected via a validated questionnaire will address caffeine intake, stress, sleep, and study strategies. Third-year nursing students perceive caffeine as beneficial for academic performance, rating its impact positively (mean=3.59) and its ability to prolong wakefulness for studies (mean=3.62). However, they view caffeine's effects on sleep quality neutrally (mean=3.17) and report stress-related consumption as also neutral (mean=3.17). Most students (74.1%) believe caffeine aids with school tasks, while 73.6% find it boosts energy. Despite its benefits, students acknowledge potential health risks from overconsumption (mean=4.10), with headaches as the most common withdrawal symptom (36.2%). Many prefer fruit juices as an alternative to caffeine (71.3%) and show a neutral stance towards relaxation and stress management techniques (mean=3.09). Overall, caffeine positively affects study routines by enhancing performance and wakefulness but has a neutral effect on rest quality. The researchers recommend future studies on caffeine's long-term effects on health, sleep, and academic performance, with extended inquiry duration and broader student sampling. They also suggest exploring alternatives to caffeine for cognitive enhancement.