

**Abstract:**

The market for caffeine is rising across the globe, as people are over-exerting themselves and lacking proper rest. In this study, we aim to determine if caffeine intake among nurses at Medical City Healthcare affects factors related to their work and sleep.

A survey was administered to nurses at Medical City Healthcare regarding caffeine intake, sleep, stress, and other occupational factors. The responses were then analyzed using multiple linear regression and contingency tables. Concerning Hypothesis 1, the results show that energy drink consumption is the most significant predictor of daily caffeine intake. The analysis of Hypothesis 2 makes evident that large energy drink consumption and multiple near miss events are significantly related in the extreme cases.

Our results suggest that sleep quality/quantity, energy drink consumption, and age are the most significant variables for prediction of caffeine intake. Further, we conclude that a nurse who intakes large amounts of caffeine daily has a notably greater chance for multiple patient care near-miss occurrences compared to a nurse with no daily caffeine consumption.