

Functional beverages, physiological state and attention

This TFG studies short-term changes in physiological state and attention after consuming common functional beverages or beverage ingredients. The student will help run simple non-invasive testing sessions, collect pulse or heart-rate-variability data, and analyse performance on brief attention and cognitive-control tasks. The project combines basic physiology, nutrition/pharmacy context and behavioural data analysis.

Dr. Michael Bruyns-Haylett <michael.bruyns@iqs.url.edu>