

## How to Fight Sleep the Most Ideal and Easiest Way without Coffee

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**Abstract:** These macronutrients help the body absorb nutrients that promote absorption.

**Keywords:** protein foods and slow carbohydrates, phosphorus, gives a burst of energy, increases alertness, improves attention and reduces the level of cortisol, the stress hormone.

### How to cheer up without coffee?

#### Try alternative drinks

According to a sports doctor, coffee can be replaced with matcha tea: the phosphorus and honey it contains increase concentration and improve mood. Herbal tea with ginger and lemon is another good alternative. The drink tones, contains vitamins C, B2, B1, and has an immunostimulating effect.

#### Take a walk

Fresh air and physical activity will help you cheer up quickly. As soon as you start to feel sleepy, close your laptop and go for a walk - you don't have to go in circles, just walk down the street a little. Research shows it's more energizing than coffee

#### Don't skip breakfast

To maintain energy throughout the day, breakfast should be complete - not just a cup of coffee and cookies. Include protein foods and slow carbohydrates (for example, cottage cheese or fish, cereal porridge) in your morning meal - in this case, you will have enough strength until the evening. But fast carbohydrates, which instantly increase blood sugar levels, are not a good idea. In this case, the risk of falling asleep right at your desk after lunch increases. By the way, a hearty lunch can also provoke a loss of energy and a desire to take a nap.

#### Warm up

To start working with new strength, just move a little. Scientists compared those who consumed caffeine with those who engaged in physical activity (such as walking). The latter turned out to be more energetic. So take note: any, even small, activity gives a surge of strength.

#### Chew some gum

Scientists have proven that chewing gum brings benefits: it gives a surge of energy, increases alertness, improves attention and reduces the level of cortisol, the stress hormone. Choose fruity and mint flavors—volunteers who participated in an experiment with chewing gum noted an improvement in their mood. It's worth a try - at least your breath will be fresh.

### How to wake up quickly: eight simple tips

Do not reset the alarm clock If the alarm clock goes off, get out from under the blanket. ...

Drink water A glass of water in the morning will help you cheer up and drive away drowsiness. ...

Turn on the light ...

Breathe deeper...

Massage the desired points...

Exercise...

Take a contrast shower...

Eat breakfast

How to overcome the desire to sleep?

Do light exercises and periodically get up from your desk to stretch. Rub your earlobes and palms, there are many biologically active points there. Massage your head and comb your hair - this will improve blood circulation. Drink a cup of coffee - caffeine stimulates the nervous system.

9 ways to cheer up when you don't get enough sleep

Have breakfast right away Lack of sleep disrupts the normal feeling of hunger. ...

Take a walk in the sun...

Be more active...

Breathe deeply...

Cool down...

Try not to go to bed for a "little nap"...

Drink more water...

Avoid using electronic devices in the evening

How to fall asleep quickly and not wake up at night?

Secrets of sound and healthy sleep

Sleeping mode

Reduce your overall sleep need

Keep a sleep journal

Avoid daytime naps

Sleep in a cool room

Sleep in silence

Avoid bright colors in the bedroom

Use a suitable pillow

Use a sleep mask

**Conclusion:** try alternative drinks, take a walk, don't skip breakfast, stretch, chew gum.

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