

6 things to do to avoid the consequences of staying up late

Obviously, some of us know that staying up late is not good for health but many people still can't get rid of this habit or because of the nature of their work. So what to do to stay healthy when staying up all night?

1. Why are people staying up late often smart and alert?
2. Drinking 5 cups of coffee a day can help you live longer?
3. 10 incredible facts about food will impress you

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Even if everyone tries to find ways to avoid being awake at night, there will be times when we will have to do so to solve the deadlines that are nearing the deadline. Of course no one wants to stay up all night because this is not good for health but we cannot avoid such times. So, you should be well prepared to face it. By **applying these 6 science and psychological tips, you can significantly reduce the consequences of staying up late and making this session the most effective** . Invite you to consult what you need to do to avoid the consequences of staying up late!

1. Do not drink coffee



Do not drink coffee? Isn't coffee a part of staying up? Yes, coffee may be part of the night of your imagination but it is not something you should do. There is a big problem in drinking coffee at night to be alert: "*Nothing is free*".

For example, you have to stay awake all night to solve some exercise or important project. If this is the case for you then you will definitely want to work really well all night. **Coffee is** often marketed with a description of its miraculous work features, but there is one problem: we often only think of short-term productivity but neglect productivity. **Castle. In a short time, a large amount of coffee will provide the body with more energy and can concentrate on the spirit. However, after 1-2 hours, coffee users will feel tired and freeze within the next 4 hours.** Nothing is free: If your body burns more and faster than normal, you will have to lose some energy later and often lose more than you can.

This is not only true when used during the day, but also when used at night, especially when you feel weak and exhausted yourself. The body will not be able to afford the shock caused by the coffee in the next stage, you will stagger and be lethargic throughout the rest of the night because of the side effects of a nearby coffee drink, **please Replace coffee with green tea and water to help your body store enough water** . You will find that as long as you are drinking something, you will feel more alert, especially when combined with the remaining advice.

See also: Which green tea and coffee, which is better?

2. Move



The worst thing you can do at night is to sit still in front of the computer or the textbook for 8 hours . This is an extremely bad habit during the day and this habit is even more harmful when done at night - the moment you are mentally reduced and you are losing your ability to think or concentrate.

Our minds work in a cycle called "*ultradian rhythm*" - periods of repetition in a 24-hour cycle. **The ability of the brain to work up to the highest and lowest in about 90 minutes** . It means that every 90 minutes, your body will fall into an inefficient working state, your working capacity will be depleted and you will fall into a

lower resolution stage than usual. Therefore, the **best thing to do now is take a break** .

However, this is not just a rest, it can solve the problem. The best way is to **stand up and do some simple exercise** . Every 85 minutes, walk to a new place and return to work within 10 minutes. This not only helps your brain to return to normal at the end of **the ultradian period** but also keeps you awake more effectively than caffeine.

Besides, you can **set your own goals** at your new workplace, such as: " *I will read this historical note while at the library and put up an idea for an essay when going down the hall of business students* " . This will force you to force yourself to work and use leverage according to Parkinson's law to be able to work more effectively.

3. Drink plenty of water



Hope you enjoy drinking tea or filtered water because you have to **drink plenty of water** . If you have never experienced an effective and energy spike by drinking lots of water, you are wasting your life.

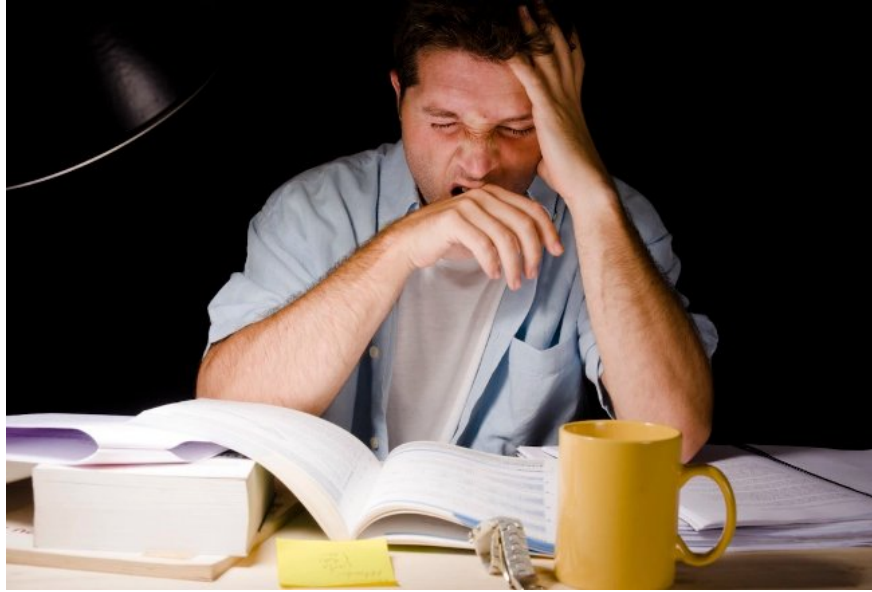
Coffee, soda, alcohol or all things that contain caffeine or sugar can dehydrate your body and this makes you feel tired, lethargic, unsteady, anxious, sleepless, and difficult. waking up, working poorly, not inspired to work and many other things are not beneficial to you anymore.

Fortunately, you can solve all these problems by drinking lots of water. Note that not only a few cups, but at least **1 gallon of water (3.7l) per day** ! It sounds like a lot, but when you try to drink that amount of water, you'll never get rid of this habit. When you are trying to stay up all night, each cup of water will give you more energy to step through the night and fill up enough water when your body is consuming water / food more than usual.

If you don't drink a lot of water, be careful, you'll be able to experience headaches, blurred vision and often won't " *relax* ".

See also: How to drink water right? See advice from experts!

4. Take a nap



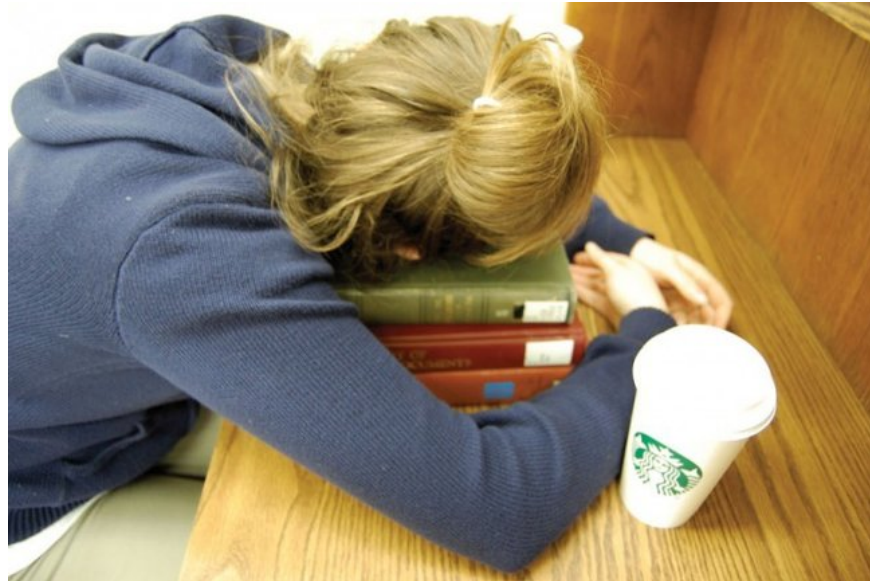
This may be a double-edged sword and having a **companion** will be necessary. If you need to stay up all night or midnight, definitely not planning to sleep, it will start to hurt your brain's ability to work as well as take away your energy.

A good thing about staying up late is that you can force your body to become extremely tired. When you are tired, your body will quickly enter **REM** , the most effective resuscitation sleep state. When you can immediately enter REM, napping can help your body recover and wake up for a few more hours, compared to when you don't sleep.

However, there are still some risks that can occur: If you are too tired, you will be unable to wake yourself and naps can take up to 8 hours. Therefore, having a good friend will help you wake up after 20 minutes. Ideally, find someone who is willing to make sure that you will have to wake up to continue, even pouring water to keep you awake.

Remember, **don't overdo it every 90 minutes** . If you do that, you will be awake enough, go to sleep-wake-up as a zombie and you will not be able to do anything effective.

5. Eat what you like



This is a pretty interesting thing to stay up late. To make sure it's an effective evening, eat everything you like. Eating will solve two problems: **Add lost energy** and **help keep the spirit of work** .

Our bodies receive 1500-2500 calories to be able to function for 16 hours awake. However, when you study through the night, you will have to consume more energy needed for 16 hours and certainly you have not eaten enough to help your body work more at night. If you try to keep a strict diet when you stay awake through the night, you will be very "*miserable*" - you need more food than usual and it is easier to eat fast foods than to sit there worrying. about keeping health.

In addition, there is another reason why you want to eat all the good things in front of **you** because **people usually have just enough determination to deal with problems** . This determination helps us to overcome the things we don't like, to prevent us from eating good things, but when we take too much determination to keep a strict diet, you're also taking away. determination in learning - something you don't want. Don't lose your appetite to fight your appetite; Please eat so you can have more energy to continue learning or continue to complete your project.

See also: 9 types of foods to help you improve your mood quickly

6. Have a companion



The last and most important method of staying up late at night is **finding a companion** . Staying up late alone will be lonely and when studying alone is not only easy to be bored but also discouraging, especially when the morning comes. You'll want to have someone to talk to, buy food with, go to new places to study, or have someone make sure you don't fall asleep while challenging your physical and mental abilities while staying up all night.

However, don't misunderstand.**It** is very difficult to stay **awake through the night** and you will not like this. But if you follow these tips, you may be able to reduce many of the negative effects and avoid pretending to be tired the next morning. Remember: **Don't stay up too often !**

See also: The 12 great benefits of drinking warm water may be unknown

Having fun!

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