

How to fight drowsiness and stay alert when working?

Follow these two ways so that you don't have to feel sleepy all day, improve alertness and focus!

Whatever the situation, **sleepiness is a nuisance to many people** . The state of drowsiness and inability to concentrate consumes a lot of time in daily activities, making it difficult for you to be alert, not knowing how to get sleepy and tired to the wrong time. . Follow **these two ways** so that you don't have to feel sleepy all day, improve alertness and focus!

Method 1: Change the way you live

1. Drink plenty of water



Drinking plenty of water is a way to restore most health problems, drinking water regularly during the day **helps you feel energetic** . Feelings of fatigue and drowsiness are mainly caused by dehydration. Therefore, you should immediately drink a glass of water after waking up in the morning to start metabolism and continue to drink a few glasses of water during the day.

2. Breakfast



Laze in bed every time you wake up in the morning to turn off the alarm mode for the fifth time, which means you'll have only one breakfast in the speaker (*in case you have breakfast*). If this happens regularly, the body's metabolism will be in a stagnant mode, making you do anything more slowly. Train yourself to get up earlier and spend time eating a complete breakfast - those nutrients will recharge your energy all day long.

3. Eat regularly



Similar to when you are dehydrated, feeling exhausted can be the way your body informs you that it is hungry, needing to load more energy in the form of food. Don't be too mindful of eating three full meals a day, **try eating 5-7 small meals throughout the day**. At that time, the blood sugar in the body will not fall, providing more

vitamins and nutrients needed for the brain to concentrate more.

4. Exercise regularly



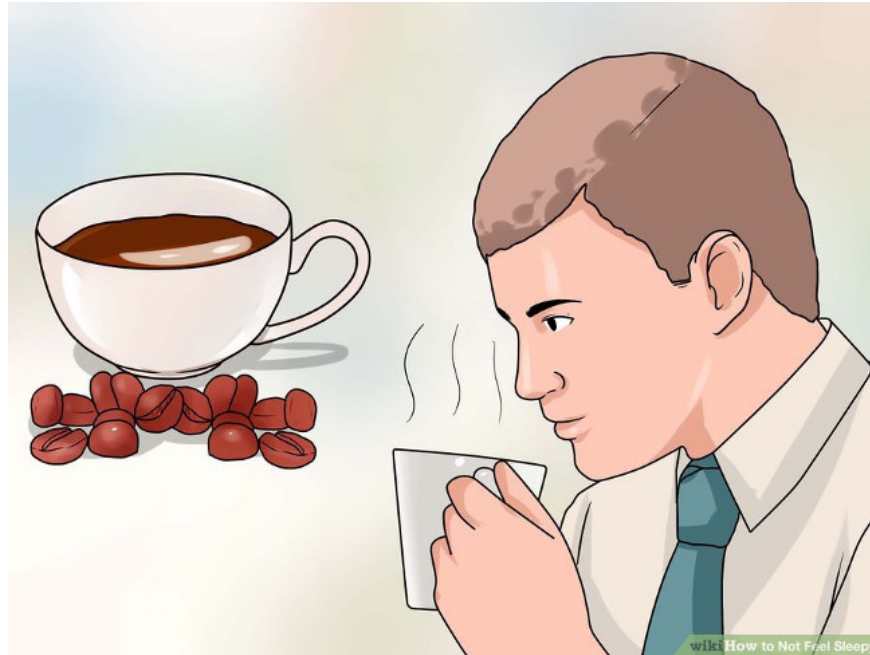
Walking and walking the air will be more difficult when you feel sleepy every afternoon, but forming a daily exercise routine will limit the feeling of exhaustion. Spend time practicing at least 10 minutes a day, even just walking outdoors is enough. When blood is circulated and breathing fresh air, you will feel fresh and ready to do everything.

5. Exposure to the sun



This is why you feel more tired in the winter. Sun exposure increases the amount of vitamin D and energy needed for the body. If you are lucky to meet a nice weather day, stop the work that makes you sleepy to go out for a while to be more alert!

6. Adjust the amount of coffee absorbed into the body



The sleepiness is coming, instinctively you will go to find a cup of coffee. But the truth if you drink more than 2-3 cups of coffee a day does not increase any energy for you at all, moreover drinking coffee after 12 noon or 1 pm will negatively affect sleep in the evening of the day. . Therefore, limit the amount of coffee absorbed into your body by no more than three cups a day to increase your energy source without being affected by negative stimulating side effects. Moreover, you should only drink coffee before lunch time.

7. Adjust the sleep cycle



The night before attended a great performance that kept you awake until morning, then slept until noon. But then, you have to go to bed early the next night to prepare for the meeting at 7am. With such an unstable sleep cycle, there is nothing difficult to understand if you feel tired! Try to **make the habit of going to bed every night and getting up every morning on time** . So your body will have clear limits on when to go to bed, which helps reduce sleepiness throughout the day.

Method 2: Change to reduce the feeling of drowsiness

1. Listen to music



Music has a great impact on mood and mental state. Besides the ability to change your mental state, music can increase your energy. One study showed that people who listen to music, not to mention volume or speed, will have more energy than those who don't listen to music. So get an iPod or turn on your favorite radio station, upload some music!

2. Breathing exercises



Respiratory organs are altered according to our emotional and mental state, although we cannot recognize it. If you feel stressed or tired, you will often breathe with " *chest* " and cannot provide enough oxygen to your brain. Try to breathe slowly, imagine you are blowing gas into your abdomen like a balloon, then slowly exhale. Applying this method for a minute or longer will awaken the brain and release thoughts more clearly.

3. Eat foods containing Omega-3



Omega-3 is a nutrient that helps you stay awake, more effective than other nutrients. If you are wondering about the menu for lunch or dinner, you should add some salmon. If you don't eat fish regularly, you can replace it by drinking fish oil daily.

4. Try water therapy



Popping a bucket of cold water on a sleeping friend is not just an interesting joke but really helps them wake up. If you can't wake yourself up, try pouring cold water on your face or touching your cold water faucet. The low temperature and feeling of water improves circulation and helps you focus better.

5. Eat more fiber



Fiber, unlike many of the foods we eat, takes a long time to digest. Therefore, you should eat some foods with **fiber so they can slowly transfer energy into your body** throughout the day. You can eat apples with whole skin, black beans or whole grains and dispel the feeling of fatigue.

6. Take a nap



Too much sleep during the day can affect sleep in the evening, just take a short nap at noon to help your body recover. The effective way to recover is to take a nap for about 20 minutes. That is enough for your body to fall

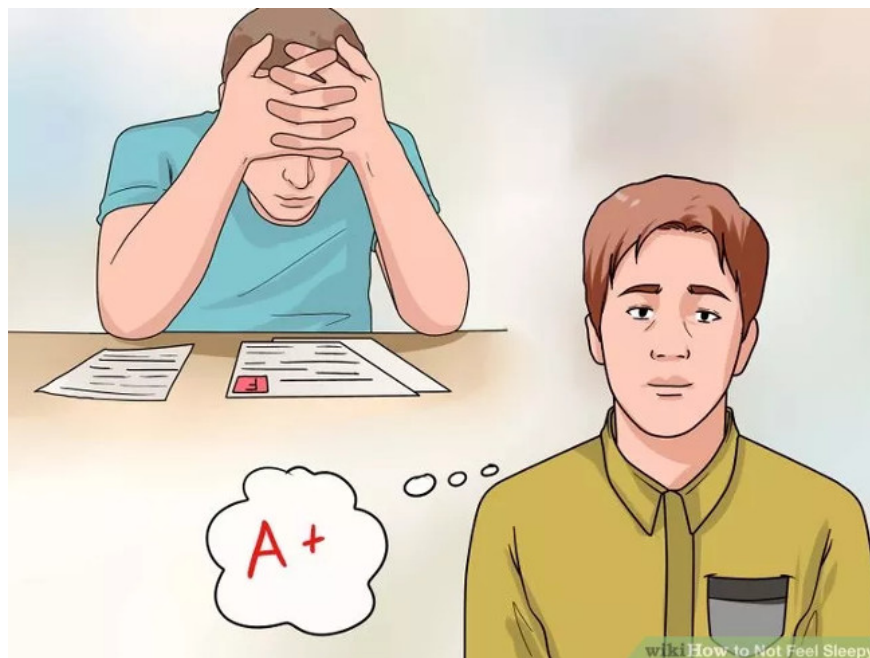
asleep, repelling the cause of fatigue that exists in your mind.

7. Drink magnesium supplements



Feeling sleepy can be caused by lack of **vitamins and minerals** . If you don't have enough magnesium in your daily diet, try to supplement it. Magnesium is always available at health food stores and used daily.

8. Relieve all stress



If you have to deal with messy desks, argue with friends or overwhelmed by the amount of work to do, you may feel more stressed and tired than usual. Release the cause of stress whenever possible. Handling the causes of anxiety when they appear will improve your mental health, as well as keep you awake all day.

9. Change the environment



Studying or working in bed or on a comfortable chair will make you tired quickly. Don't get tired of yourself when you're in a comfortable place, so leaving it to the other side makes you feel more sleepy. Working at a cafe or on a hard table will make it harder to feel sleepy than on warm blankets and pillows.

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