

Recipes against drowsiness in the evening

After dinner is over, are you often tormented by irresistible drowsiness? So what is the way to maintain sanity to continue processing the unfinished work? This article will reveal to you many useful tips.

After having dinner, are you often "tormented" by irresistible sleepiness? Even, many people are willing to wear a whole bunch of good work or work to get into bed and get a really good sleep. However, as a responsible person, you cannot do that but if you accept to sit at the table, how can you defeat the will to go to bed?

In this article, let's learn some tips to help you stay awake and focus in the evening so you can continue to handle uncompleted work? One thing to note is that in the first few days sleepiness can still be "attached" to you but if you persevere, you will find the effect very surprising.



Before the evening

1. Napping

If you intend to stay up all night to work, take a nap or take a nap in the afternoon.

A nap is conducive to restarting the activities of organs in the body. However, do not sleep too much because it will make you fall asleep longer and when you wake up, it is easy to fall into a staggering state and not really awake.

2. Exposure to the sun

Sunlight has an effect on the biological rhythm (circadian rhythms). So make sure you spend at least 30 minutes every day in the sun. In addition, this habit will also help you maintain your vitality and working spirit.

3. Drink water

Dehydrated body can make you feel sleepy and easily fall into a tired state. Therefore, drink plenty of water every day. Also, do not drink coffee because it can make dehydration worse.

4. Chat with friends

Talking with colleagues or friends is also a very effective way to avoid drowsiness. Because, through stories, the brain will be stimulated and have more new ideas. In addition, you can also ask them to be supervisors to monitor your routine training and give reminders when needed.

To wake up in the evening



1. Drink coffee 3 or 4 hours before evening. If you don't want to drink coffee, you can put a glass of cold water on the table and drink it when you feel sleepy.
2. Turn on the fan / air conditioner or open the window to allow air to enter the room.
3. Leave the desk and go out every 30 minutes (or 1 hour, depending on each person). In addition, you can also use short exercise to relax your body.
4. **Changing jobs:** Doing a job for hours can make you feel depressed and tired faster. Therefore, a very effective way is to take turns to increase your interest.
5. Eat yogurt or nuts, however, avoid sweets.
6. Maintain light at a moderate level, not too bright or not too dark.

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