

### **how to be awake pdf**

The java jolt that helps you stay awake can take up to eight hours to wear off. Caffeine can also reduce your sleep time, alter the normal stages of sleep, and decrease the quality of your sleep.

### **How to Stay Awake Naturally - WebMD - Better information**

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If you're trying to stay awake, put on the radio instead of the TV. Eat a snack. Food makes the mind work. Have some fruit and drink cold water, it will make you feel refreshed and alert. If you want to stay awake take an ice cube and rub in on your face or let it sit on your skin. The cold chill will jolt you awake.

### **The Easiest Way to Stay Awake When Tired - wikiHow**

Awake! 2009 magazine published by Watch Tower Bible & Tract Society, the organization behind Jehovah's Witnesses and jw.org. Download/view monthly editions.

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candlelight awake? One thing certainly -- that it made a difference to them, a great difference, whether or not they read the book they had in hand. Whether you read actively or passively, whether you try to keep awake or not depends in large part on your purpose in reading. There are many kinds of reading and many sorts of things to read.

### **How to Keep Awake While Reading by Mortimer J. Adler, Ph.D.**

Rev. 21v8 As already quoted on page 1 - We must keep awake. Prov. 10v5 He that gathers in the summer is a wise son; but he that sleeps in the harvest is a son that causes shame. Harvest time is a time when we work from dawn to dusk to get the work done.

### **How to Keep Spiritually Awake - Futurelife**

Most of us don't have the luxury to be able to take a nap at the office, so it's essential to find ways to stay awake when you're falling asleep at work. Coffee is often the go-to choice, but if ...

### **11 Ways To Stay Awake When You're Falling Asleep At Work**

The above tips are great short-term fixes to staying awake at work. But to help stay alert at work in the long term, you need to make some adjustments to your daily life.

### **How to Stay Awake at Work: 17 Tips - Healthline**

You may try to snap yourself awake by splashing cold water on your face or opening a window or making the room a bit cooler. You may feel better after taking a shower and dressing up for a new day.

### **How to Stay Awake After an All-Nighter: Coffee and Other Tips**

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