

# 9 tips on how to stay awake in class or at the lecture

How often people suffer from not getting enough sleep? And it doesn't matter why, what matters is what we can get into a very awkward situation, especially during school hours.

During his studies, we are constantly in a sitting position, move a little. Sitting position and a sleepless night &#8211; not the best combination. And very often we are faced with a problem: how not to fall asleep in class or at the lecture. But to cope with the sleepy state is quite possible. Give you a few tips that will help you not to fall asleep in an awkward moment.

## How to stay awake in class or at the lecture

- 1. [where can i buy an essay](#). More light.** The biological clock of your body will prevent sleep if you will be in a brightly lit room, it is desirable that the lighting was natural. Ask a friend to transplant you to the window, or just sit in the bright place in the audience.
  - 2. Uncomfortable.** To keep you awake in class, try to stay in uncomfortable position for you, let you all the time something is too tight, numb, tingly, etc. You will constantly change position and thus will not be able to sleep.
  - 3. Irritation of smell.** The smell also can lead you to feeling and not to give to sleep in class. To use in this case radical means &#8211; ammonia, for example (in this case Wake up and the rest of the audience), or essential oils such as peppermint, eucalyptus, etc.
  - 4. Ice.** If you chew ice, it will cool your brain and make it more energetic state. The main thing in this case is not to overdo it, otherwise you'll get sick with flu or other illnesses associated with the throat. In schools, however, it is difficult to find ice, so it is quite possible to replace ice water.
  - 5. Don't fill up.** Try to keep yourself in a slightly fasted state. On a full stomach, always want to sleep, avoid this. Best to endure hunger than to fall asleep during class.
  - 6. Coffee.** One of the main helpers in our problem! But here, too, caution is needed. Too much coffee, on the contrary, can catch drowsiness, drink no more than two cups of strong coffee, this will be enough for the full effect.
  - 7. A little break.** A big change can help you. Take time to rest. In most schools there are benches. Lie down and relax for 10 minutes. It will give the brain the opportunity to relax and despite the fact that the first time you will feel "bruised", it'll get better and you will be much more cheerful. Reinsurance is only just in case, set the alarm, and then suddenly fall asleep.
  - 8. More traffic.** During breaks between classes move more, not sit still. Try to constantly stretch your muscles.
  - 9. Cold water.** Often wash your face with cold water. Also very good to drink a lot of water, both cold and at room temperature. Always keep close a bottle of water and at first wanted to go to sleep take a few SIPS.
- Be very careful to your dream. Rest is an essential thing for every body. It is better to postpone things for later and to sleep, than suffer all the next day, and possibly more.