

## KILL THE 3 P.M. SAG



It happens with all of us, every day we meet that complex part of the daylight when our energy plunges, our attentiveness streamers and it seems like we can't remain awake without that much craved mini-nap. Moreover, yesterday nights' sleep if didn't go well, the problem just augments. So, this makes us go for a cup of coffee, a can of soda or a candy bar to cope up. Alas, we usually end up shelling money for our caloric cravings with a not so well sugar hurtle later on Still, even healthier ways to face the 3 p.m. droop exist. [Read More at Hound](#) Looking for all available jobs? [Click here](#).

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