

## IF ONLY DESKS DOUBLED AS BEDS



Do you ever feel drowsy at work? Do your eyelids have to work overtime just to stay open? Do you imagine getting reprimanded for just plopping your head down and taking a short snooze at your desk? Well snap out of it! Don't feel too alone, however. In a recent poll, conducted in the United States, 68 percent of workers claimed that sleepiness interfered with their ability to work. That's well over half of those polled. So you can step out of the sleepy majority, here are some tips to help you stay awake and alert on the job: **1) Wake Up And Smell The Coffee** Literally! Studies have shown that smelling freshly brewed coffee and coffee beans can increase wakefulness. Other smells you can try are peppermint, rosemary, or eucalyptus. **2) Pump Up The Jams** Take your iPod to work and make an upbeat play list that will keep you up and motivated. (Might I suggest some Chumbawumba?) **3) Feel The Pressure** No, I don't mean freak out about your next deadline or what your coworkers think of your latest fashion statement. Acupressure, massaging specific pressure points around your body can help you feel rejuvenated and awake. Some pressure points are your ear lobes, the top of the back of your neck, just below the knees, and the top of your head! Just tap those areas lightly with your index finger and feel alive! **4) Nap Time** If you can manage it, a 15-20 minute power nap has been proven useful in combating the sandman. If your boss catches you sleeping, tell him you're just increasing productivity! **5) Bedtimes** No, you're not seven anymore, and your parents aren't there to give you a bedtime, but be your own mom and dad and set a bedtime that allows you to sleep for at least 7 hours a night. Stick with a set bedtime (say 11?) night to night and your circadian rhythm will be jamming like Ringo Starr. Don't be afraid to grab that cup of job in the morning either. Coffee is packed full of antioxidants and can be helpful in giving you a nice boost in the morning. Just don't count on it all day or you'll wind up crashing like a blind horse come afternoon.

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