

How to overcome the desire to sleep in the classroom at the University - Folk Tips

homework help math

1. Fit right.

Food plays an important role in maintaining good well-being of your body. If you constantly eat harmful and fatty foods (which are not uncommon for students), then your entire body becomes a "sponge" to absorb harmful substances. They accumulate everything, accumulate, accumulate, accumulate, accumulate ... (You are tired of reading the same thing, and now imagine how your body is tired of getting the same harmful food?!)

Healthy nutrition for students

In this regard, if you feel lethargy in classes, and at the same time you sleep quite a lot, then pay attention to your diet. It is possible that it is the wrong food that prevents you from gaining lightness, and with it, and a sense of joy that you should receive from what you live on this earth.

Balance your diet (what for Malyshev, you think, however, a little bit of Elena Malysheva is not very bad at all :)).

Make a variety to your life, refuse fat food (if possible), more use nuts (sometimes the positive effect of nuts is superior to all expectations), drink more simple water. At least, the water has a poor student there is always money :)

2. Sport, sport, sport.

Another way to feel the vigor from the very early morning is regular sports. Active life allows you to keep the shape and unload psychologically (which is also very important, because per day there are many different troubles per day). In short, I swear on the ball with the whole strength - and you will be happy. The charge of emotions, energy is provided to you.

Sport for students

In addition, sports is an excellent opportunity to communicate with interesting people, get friends. And friends, as you know, are some of the best antidepressants in the world. In general, you understood the hint - do more sport, and then:

a) the food will be better absorbed (nuts will go there where they should be hit :));

b) the body will get rid of harmful substances;

B) You will get a fresh tide for creative work every day!

To hell, take everything, take and write down in the nearest gym!

3. This is a sacramental feeling - love ...

Love and be loved - this is one of the best states that can be with a man. And when a person feels that he needs someone, he is ready to roll the mountain for a loved one. If you think so, then the business man opens only to ensure itself and his beloved person everything is necessary. By the way, because of this (as root causes) and wars occur ...

However, we are not up to us now. We are not aimed at destruction, but on the creation. Therefore, if you have not yet met your loved one, then definitely try to find it. Believe me when you love, you do not want to sleep. Again, listen to Shahyanyan ("We learn to speak publicly") (I wrote about him in the previous article).

In his audiobook, he talks about how the time you feel different people: Olympic athletes, people who are promoted to the train, loved, etc. Loving each other people constantly think about each other, so they are not to sleep, wherever they are.

In addition, no one has canceled physiology. The presence of this (is clear what) also has a positive way on your well-being.

Love students

Conclusion: as part of this, quite a voluminous article, the question was considered that the problem of many university students was concerned - the desire to sleep in class at the university. I hope that now you can get rid of this bad habit and spend your time for more useful things (for example, you can read books on breaks or chat with classmates).