

Title:

Tips on Beating The Afternoon 'Blahs'

Word Count:

250

Summary:

Does afternoon feel like a better time to nap than work? Actually, some lifestyle experts say

Keywords:

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Article Body:

Does afternoon feel like a better time to nap than work? Actually, some lifestyle experts say

If you're afraid you'll sleep the entire afternoon away, set the alarm on your watch. Here are

&#8226; Try to avoid foods like turkey and dairy products during the day. They're rich in the

&#8226; Take breaks. If you're working on a huge project, you'll be more productive and less t

&#8226; Drink water. Dehydration drains energy. Drink a glass of water in the morning and any

&#8226; Eat complex carbs. A starchy snack like a bagel or banana will give you a quick energy

&#8226; Jog in place, stretch at your desk or go for a brisk walk. Moving around will get the

&#8226; Get enough sleep. Most people need seven to nine hours of sleep a night to feel their

If you have trouble falling asleep, a supplement like Insomnia, from the "Spray" line of subli

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