

## Tips on Beating The Afternoon 'Blahs'

by Nicole Miller

(NewsUSA) - Does afternoon feel like a better time to nap than work? Actually, some lifestyle experts say a 15- or 20-minute "power nap" after lunch isn't a bad idea.

If you're afraid you'll sleep the entire afternoon away, set the alarm on your watch. Here are some more tips to get you through that mid-afternoon slump:

â€¢ Try to avoid foods like turkey and dairy products during the day. They're rich in the amino acid tryptophan, which can cause sleepiness.

â€¢ Take breaks. If you're working on a huge project, you'll be more productive and less tired if you take regular short breaks instead of relentlessly plowing ahead.

â€¢ Drink water. Dehydration drains energy. Drink a glass of water in the morning and any other time you need a pick-me-up.

â€¢ Eat complex carbs. A starchy snack like a bagel or banana will give you a quick energy boost.

â€¢ Jog in place, stretch at your desk or go for a brisk walk. Moving around will get the blood flowing and carry oxygen to the tissues, so you'll feel energized and alert.

â€¢ Get enough sleep. Most people need seven to nine hours of sleep a night to feel their best.

If you have trouble falling asleep, a supplement like Insomnia, from the "Spray" line of sublingual sprays, can help relieve the anxiety and stress that keep you awake at night. A combination of natural remedies, Insomnia curbs immediate symptoms but also works at a deeper level, helping you sleep more soundly and comfortably, according to its manufacturer. For more information, call (866) 412-7827 or visit [www.thespray.com](http://www.thespray.com).

â€¢ Be positive. Negativity drains your energy and affects your job performance, physical appearance and health.

â€¢ Lose weight. Dragging around all those extra pounds burns up more energy than most of us have to spare.

â€¢ Look forward to something. Plan a vacation, getaway weekend or an evening out with friends. Thinking about your plans will give you the boost you need to get through a busy, stressful day.

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