

# THE TOP DR

## OXYGEN-RICH STUDY STYLE

BY CLAIRE-FRANCE PEREZ

**D**o you catch yourself yawning whenever you try to study late into the night, cramming for next-day exams? Then you're suffering from student fatigue. Whether you drop off to sleep or continue yawningly on through a bleary-eyed reading of Absalom, Absalom, Kinship Studies Among Kapauku Papuans or whatever, your exams (or deadlines) will arrive precisely as scheduled. Believe it or not, though, light exercise and smart clothing can help you alleviate those bouts with fatigue. Here's why:

During an extended study session your attention span shortens with each yawn. You yawn because your body is screaming for more oxygen. Your brain wants that precious metabolism-stirring stuff in order to stay alive and perky. Ultimately, oxygen deprivation can cause brain death—which can often be observed in graduate students. Yawning, or even deep breathing, will likely not be enough to re-prime

PHOTOS BY PHOTO SESSIONS, KATHY KUEHL, STYLIST

**T**he layered look—a hands-on approach. Her stripey ensemble in pink and periwinkle blue is by Tickets, his locker room look is a set of gray and white sweat togs from Sweats Bi Ebe.



**B**rain and body upkeep kit includes: weights, jumprope, "squeezebar," wrist and ankle weights. Colorful exercise pad is by Wendy Gray for Joe Weider (publisher of Shape magazine), body wear is by Carushka.