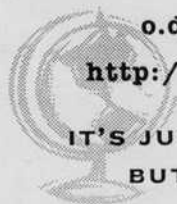


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Few substitutes exist for sleep

■ **STUDYING:** Sometimes classwork can prevent rest, but caffeine and exercise are only temporary solutions

By Ben Kwasney
Higher Education Reporter

Anyone who has tried pulling an all-nighter knows it usually takes drugs and motivation to be successful.

Sleep is hard to come by for serious students who are cramming for midterms or writing late-night papers.

There are some things to know if you're not able to get the eight to 10 hours of sleep required by most people, according to Dr. Robert Tearse, sleep disorders specialist.

Tearse recommends physical activity to help the brain's alertness.

"If you're drowsy, you're less efficient," he said. "Physical activity will help drive the alertness."

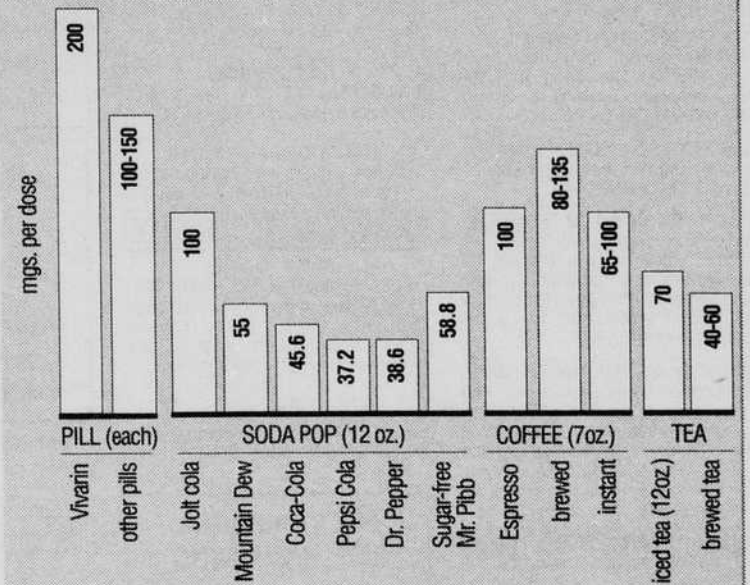
Caffeine is thought of as an aid to keep the body going, and Tearse said it definitely would help to drink coffee or even take caffeine pills.

"They're [caffeine pills] as healthy as too much coffee," he said.

The best advice is to manage time effectively, said Annie Dochnahl, a health educator at the student health center. She said caffeine pills such as No Doz and Vivarin will cause fatigue later on.

THE CAFFEINE FOOD GROUP

Amount of caffeine in various pills, sodas, coffees and teas.



MATT GARTON/Emerald

HOW TO STAY AWAKE

- PHYSICAL ACTIVITY
- FRESH AIR AND WATER
- DRINK COFFEE
- CAFFEINE PILLS
- SLEEP 2-3 HOURS

"If you're using them instead of sleep, you're setting yourself up for fatigue," Dochnahl said.

It may be better to sleep for two

to three hours in between studying late at night, Tearse said.

"You got to realize if you're drowsy, the brain is inefficient," he said.

Some of the warning signs that indicate a student should consider changing sleep habits include excessive sleeping during the daytime, sleep disruption during nighttime sleeping, insomnia caused from stress and failure to stay awake in class.



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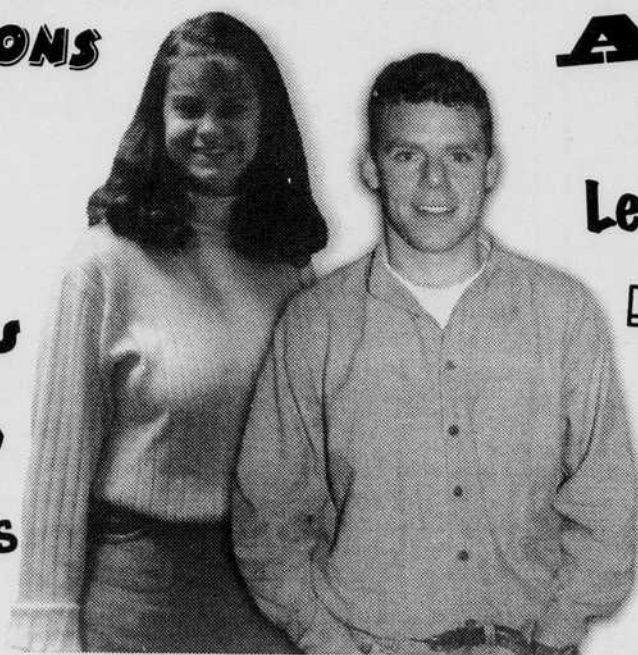
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