

Tips to Stay AWAKE

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Tips to stay awake in class, at work and while driving:

Avoid followings to stay AWAKE:

1. **Avoid Dehydration**, since it may make you drowsy.
2. **Avoid Drugs/Alcohol/Intoxicants etc.**, since even in small amount you lose your mind alertness.
3. **Avoid Eating Junk Foods**, since it may contain fat, salt and sugar, which may makes you tired.
4. **Avoid Heavy Meals**, since it makes you sleepy/drowsy.
5. **Avoid "Micro Sleeps"**, since up to **30** seconds of sleep that often occur due to sleep deprivation.
6. **Avoid Sugar**, since it gives short energy but may cause drowsiness and brain fog sometime later.
7. **Avoid High Temperature**, since it makes you sleepy while your body needs to rest.
8. **Avoid Tiredness**, since your mind will not be fully alert.

Tips to stay AWAKE:

1. **Alert:** Chew gum to keep your mouth busy and keep yourself alert. Yawn is a warning.
2. **Busy:** Keep yourself busy. It doesn't matter what you do. Anything! Avoid daydreaming.
3. Drink **Caffeine** in moderation if you don't have high blood pressure, caffeine improves alertness.
4. Stop taking **Drugs/Alcohol/Intoxicants etc.** if one is taking it, since you lose your mind alertness.
5. **Hydrate well:** Drink water slowly to stay alert, and keep yourself hydrated.
6. **Look around:** Time to time look around when it is possible and safe.
7. **Sleep Habits:** Adopt Healthy Sleep Habits. Avoiding drinking caffeine later in the evening, shutting off electronics preferably an hour before bedtime and avoiding vigorous exercise too close to bedtime.
8. **Snacking:** Keep snacking crunchy even though you ate a meal e.g., sunflower seeds.
9. **Time off:** Take **5** minutes break every hour wherever possible.
10. Open **Windows** if outside is not too cold or too hot to get more oxygen.

Additional Tips to stay AWAKE while Driving in Addition to Above Mentioned Tips:

1. If driving with other people, **alternate drivers** and sleep while you're not driving.
2. Don't use **Cruise Control**. You must try to keep your body as **busy** as possible.
3. Driving while **Drowsy/Sleepy** can be just as dangerous as driving while intoxicated!
4. Many prescription and over-the-counter **Medications** list **Drowsiness** as a common side effect. Do not drive while taking these **Medications** as you could **Doze Off** and lose control of the car.
5. Take a **friend** on the passenger seat so they could keep you company and talk to so you won't doze off.
6. Avoid driving between **Midnight** and **6 AM**.
7. Listen to really fast, energetic & **LOUD Music/Nasheed** that you hate. Avoid relaxing music,
8. If driving alone and all method fails - **Pull the Car Over in a Safe Area** and take a **Short Nap** or and **Walk Around**. Physical activity will get the **Blood Circulating**. Make sure at nighttime, you are parked near a spot with light and people, to keep crooks away from you.
9. **Rest/Sleep:** For long drive, make sure you get plenty of **Sleep** prior to the trip to ensure your alertness.
10. Don't **Rush**. Better to arrive at your destination safe than on time.
11. Periodically **shake your head** from side to side and take a deep breath. Slap your own face if you need.
12. **Sing Along** with the radio or have a conversation with someone in the car or **Scream Loud**.
13. Open a **Window**. A **Strong, Cold Wind** in your face can help you stay alert.

AWAKE-AWAKE-AWAKE: Ummah needs to get Awake by taking guidance from the Quraan.

Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors

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