

How to stop wanting to sleep on pairs?

math homework help

However, first a little lyrics. Yes, yes, I like to move away from the essence of the question, however, in fact, all this lyrics is the necessary accession that will help you to understand the essence of the problem under consideration.

So, let's begin. Let's now connect logic (if you read this article from an early morning, then quickly wake up and turn your brain).

Here are looking. What makes almost all students in the morning at the university? Before the start of the couple, students welcome each other, then talk to various topics, then the teacher comes to the audience and the couple begins.

"Couple ... boring, dull couple. Already a thousand times the same thing they wrote and again we write all the same. Ahh, how did it all tired!" - Such thoughts arise from most students, especially in the first pair. Students want to sleep, and something they dictate about some kind of distribution there ... "What else distribution, I would" distribute "somehow on the desk and reiterate a minute."

And such thoughts have most students. Agree, and sometimes overcome such arguments. All students at least once in their student life wanted to sleep during classes. There is nothing wrong with that, anything happens :) However, when a similar sleep condition, a person is being observed constantly, then it is worth thinking about improving your life.

How to plan a student's day?

After all, when you did not sleep come to the pairs, then, you see, you are not so friendly to others, as if you came to the classes. Irritation, depression, inhibition - these properties have a person who is coming to the university with an hour of 3-4.

Now imagine that most people come equally. Honestly, even scary to imagine. It turns out that university is not, but some kind of collection of irritated zombies, ready to kill everyone who distorts their sleepy state :) Horror! Still after such a number of different suicides, etc. did not grow. But this is not the case.

We are interested in the question that affects the problem of sluggish in classes. How to overcome this condition? How to get out of the series of these zombies and live a full-fledged student life? How, in the end, enjoy learning, and is it possible to have such a utopia? Answers below.

How to stop wanting to sleep on pairs?

So, you solid hard decided to overcome the habit of coming to classes in the drowsy state and sleep on the pair. What? Did not solve? I said decided, otherwise why do you spend your time and read this article?:) Better to contact, come azen by Pavel free content ...

By the way, we will return to Pavel Durov, but for now let's deal with our "rams".

1. How to overcome the desire to sleep on the pair? Want an original answer? Raughty!:) The best advice and come up with difficult. Stop already sitting at this computer, watch tons of videos and thoughtlessly spend your time working on others. By the way, you can read more about work on others in this article: Earnings on your interest.

Healthy strong sleep is the best tool from lethargy and drowsiness on pairs. Someone believes that sleep is a waste of time. "We and so in a dream we spend a third of your life, and you still say that we fall out. We, that, little or something? "Maybe you are an adult, but you are unlikely to understand that, in fact, you never sleep. More precisely, you yourself, and your body.

After all, in a dream, the brain distributes information received per day like a computer that reboots when it is very hard (in more simply, when he freezes from your aspirations to load his bunch of tasks at the same time).

Many cases

And what today plays one of the leading roles in the world? That's right, right - her majesty information. We live in the information age, friends? It is so? Accordingly, we get an order of magnitude more than our predecessors. Which of this can be concluded? (We connect logic, so so, already quite well, slowly begin to figure out :))

The conclusion is as follows - let's fully distribute the information received over the whole day, and then you will never have a wish to sleep during class at the university. Everything is logical, right? Damn logical!

2. But it's all the flowers. This is all - the truth, famous for the bad thing to any educated person. And what to do, if a person, well, can not go to bed on time? By virtue of a number of different reasons: the Internet, evening part-time job, they ask a lot, etc. What to do so people? Does there really be a way to overcome the desire to sleep and feel cheerful throughout the school day, without even charged by 7-8 hours? The answer is the method exists. And his name is a passionate desire.

How to pass the first session?

"What is a passionate desire?" - you ask. Yes, any, most importantly, so that you burned any idea. What, for example? For example, you want to become a rich man. You dream about to own millions and travel to different countries of the world. Enough to hell to dream - act! Fold the idea to get the desired amount. How to do it?

In fact, it is not more difficult than viewing the video in Youtyub ... Joke :) It will be more complicated, but if you firmly decide to get linedly millions, then you do any obstacles.

You will find tons of information about how money is done.You will learn from different people to the art of doing money.

I repeat, if you passitate to get something (win on competitions, get the location of a girl / guy, etc.), then you will fall any obstacles to you, because you will be able to solve any problems if you are sternally wishing.

Hash is clear?That's right, and sleep, you just stop wanting when your head will spinning a barrier brain thoughts about your dream.That's why it is so important to be able to dream and ... to seek your dreams.Act!Be careful, despite either age or today's problems.Be higher them.Reach your goal with enthusiasm, and then you will forget about the need in a dream.

You know, I read the stories of young people who created their business in 18-19-20 years.And you know what they wrote?They wrote that they were so burned the idea to create their own business, which could not even sleep normally, slept in cars right in front of their watch offices 2-3 and then with even more enthusiasm continued to work and go to their goal.

Achievement of the goal of the student

And here you still say that you want to sleep on the pair ... Enthusiasm, a passionate desire to achieve your goal - here's a recipe for combating sleep in university (and not only) walls.In short, everything, I think and do, as I said, Richard Branson (there is such a "modest" billionaire).

Remember, I spoke about Durov.So here.His press attache recently gave an interview with the Site of Russia.ru, where he told about the principles, on the basis of which Paul takes the work of new people.Principles are very simple.A person must be a purposeful wishing to fulfill his work creatively and seek the goals.

Duck Here, recently, one student, the fan is understandable which social network, you know what I did?He was sitting on the pair and ... wrote an Android application (Google's operating system, who is not aware).Do you think he wanted to sleep in class or in a break between them?The answer is obvious.When a person with his head is immersed in solving the problem, when he is aimed at the result, then no external and internal restrictions are unable to stop the person before solving any problems.Anyone!

After he finished his work, this student showed his creation to the leadership of VKontakte.And he was immediately hired!What are there to hell, the correct summary?Show the result - you work with us - here is the best resume for any employer!At the end of this article, you are offered a full version of the interview with the VKontakte press attachment.Look, it is worth it.Or do not - you decide.

3. We hope after you read above, you will not start to smash everything around.Something I went

over with enthusiasm.

Therefore, in the end of this article dedicated to the issue of combating the desire to sleep on the pair, I prepared for you, dear readers of the Soverrtiver.rf, a number of recommendations that will allow you to cope with this desire. These are the most ordinary recommendations, so to speak, the capital truths, however, people often forget to follow.