Week of: Dec 11, 2015

Healthy test prep

Dear Alice,

What is the best way to prepare, health wise, before a big test such as the SAT, LSAT, MCAT? What foods do you recommend to keep my "brain moving?"

Read more

Time management

Dear Alice,

How do you find time to be with your friends, family, and boyfriend, and study for school?

Read more

Can't study late at night?

Dear Alice,

My problem is this: whenever I have to study late at night, or do anything late at night, I usually have trouble (a lot of trouble) concentrating on whatever it is that I have to do. I'm not going to try anything like No-Doz, but when I drink coffee or anything with caffeine, it just knocks me out even faster. I can't believe it? it's like caffeine's some kind of sleeping potion for me. Some of my friends say eating while you work can help you stay up. I tried that, too. Didn't work. Any suggestions? Or am I just better off sleeping and leaving the work 'till the next day?

?Sleepy

Read more
Hi Alice,

Some roommates of mine and I have been thinking about sleeping lately. Usually we’re all told to get eight to nine hours of sleep, and a lot of the time we do! The problem is, once in a while, when there’s an essay to write or exam to study for, I or my friends may end up having no choice but to be up until 6 in the morning. No one’s really explained what the best thing is to do if you have to be up.

What would you suggest? Should we eat? Take a quick nap before class, sleep during the afternoon or wait until evening? Any suggestions you have would be great.

Read more [5]

Long-term effects of caffeine-based drugs [6]

Dear Alice,

What are the long-term side effects of substituting Vivarin for sleep? Last semester, I averaged only about three hours of sleep a day, and it doesn't look like this semester will be terribly different.

Thanks in advance.

? Weary Graduate student

Read more [6]
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