This or That [1]

Week of:
Jan 23, 2015

Sleep or exercise? [2]

Dear Alice,

I would ideally love to maintain a consistent exercise routine. However, there are stretches of time during which I get very little sleep, due either to a hectic schedule or a lot of stress. During these times (sometimes one or two weeks), I find it almost impossible to go work out. I'm simply too fatigued (I don't drink caffeine because it disrupts my sleep? even one cup in the morning!). The result is that I start to get flabby and untoned, and I then I tend to fluctuate between almost-toned to back-to-flabby.

My question is, what is the relationship between sleep deprivation and exercise? When you are very tired and have been getting little sleep for several days, is it better to just take it easy and let your exercise program go, or is it better to persist and work out anyway, albeit at a lower intensity?

I have bouts of insomnia, so it's not too helpful to just say "try to get more sleep." Sometimes I just can't.

? Tired and Flabby

Read more [2]

Ulcer or tapeworm? [3]

Dear Alice,

How does one get an ulcer or a tapeworm?

? Stomachache

Read more [3]

PMS or rage? [4]
Dear Alice,

I think I have severe PMS. I get so angry at times that I want to throw things and hit. I have no patience with my kids. It only lasts a couple of weeks, but I am worried I might hurt my children. I always manage to stop myself and leave the room, but what happens if I can't stop myself next time?

Please help.

? PMS?

Read more [4]

**Heroin or what?** [5]

Dear Alice,

My friend and I snorted a 10 bag each of heroin. Our heads began to feel heavy after ten minutes. Soon we entered into a dream world in which we hallucinated heavily. We talked to people who did not exist and we were very confused. I could not remember anything about who I was. I only remember certain parts of the four-hour trip that followed but I felt like I was on mushrooms for about two days. We could not read for that amount of time (nothing was in focus). What do you think we took? PCP? Bad synthetic heroin?

Read more [5]

**Grief or depression?** [6]

Dear Alice,

What is the difference between grief and major depression? A few months ago, my boyfriend died in a car accident. Lately, I have been very depressed, but I am not sure if it is just part of the normal grief process or if it is depression.

? Crying all the time

Read more [6]
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