Saved by the Alarm Clock [1]

Week of:
Sep 04, 2015

Wake up, it's time to go to school again [2]

Hi Alice,

As we begin to think about the next school year, I was wondering about what advice you have about adjusting from the summer late nights, late mornings back to VERY early mornings? Please give me any tips or tricks you may know to help ease the adjustment for thousands of kids across the country with the trauma of going back to school. Thank you.

D

Read more [2]

Why can't I stay awake in class? [3]

Hey Alice,

Lately, I've come to realize that I have a very powerful tendency to fall asleep in class. It seems that I can't stay awake in any lecture style class where I have to listen to the professor and take down notes? where there is minimal engagement on my part. I've pretty much fallen asleep in all of my lecture classes, during one part or another for the whole semester. I think I'm getting regular sleep? six hours at a minimum. I don't like to drink coffee or anything.

Read more [3]

Snoozing and losing [4]

Dear Alice,

I have the biggest problem getting out of bed in the morning. I set two alarms and I still go right back to sleep. For this reason, I am always running late to work. Do you have any suggestions on how I can make myself get up earlier in the mornings?
Thanks in advance for your help!

Gabi

Read more [4]

**Sleepy from oversleeping** [5]

Dear Alice,

I am in my second year at college and I have found myself falling into an unhealthy sleeping pattern. I sleep mostly at night (I don't nap too much) and don't go to bed too late (usually between 12 to 2 am). But, unless I have some huge incentive to get up in the morning (class, etc.), I can sleep extremely late (1 to 2 pm). This makes me end up feeling even sleepier throughout the rest of the day. How can I keep myself from oversleeping?

? Sleepy

Read more [5]


Dear Alice,

I am a college student who doesn't have to wake up early every day for school (which is convenient because I love sleeping late). Yet people always say that you should wake up early in the morning, and I have always wondered if there's really any truth to it. Before seriously committing myself to waking up early on a regular basis, I'd like to know why I should. Are there really any health benefits to waking up early? I went online and found contradicting claims on the subject. Also, are there any studies that prove that working in the morning increases productivity/creativity/even chances of success?

Thanks in advance,

bed-bound

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