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I look forward to connecting with you!  
**Robert A. Rudelic**

## 5 Ways to Boost Energy Without Coffee

Is a busy schedule and the ability to binge watch TV shows on demand sabotaging your precious sleep time? Experts recommend adults get seven to nine hours of sleep every night, but many of us are [sleep deprived](#), which can take a serious toll.

Next time you need extra energy, try these five caffeine-free fixes:

- 1. Turn up the music.** You don't even have to sing along if you don't want to, but playing your favorite song (particularly if it's upbeat) can help boost your energy and your mood.
- 2. Get some sunshine.** Not only is vitamin D good for your health, but [natural light](#) also triggers areas of your brain responsible for keeping you alert. Bonus points for stepping outside for a quick stretch, a short walk and some fresh air.
- 3. Eat complex carbs.** Foods like pasta and white bread do give you a boost of energy, but the spike they cause in glucose levels is generally followed by a crash. Whole grains and complex carbs are slower to digest and will keep you more steadily energized.
- 4. Take a short siesta.** A [power nap](#) limited to 10 to 20 minutes is an ideal energy booster. Just make sure you set an alarm. Sleep any longer than 20 minutes and you'll enter deeper sleep, which can lead to feeling even groggier when you wake up.
- 5. Chew gum.** Studies have shown that [chewing gum can make you more alert](#), so pop in a piece if you're worried about nodding off in a meeting.

Refer  
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