



How do you stay awake during the night shift?

"Getting some sleep before the shift starts, and drinking strong coffee."

- Cess | Web & SEO Assistant

"With a cup of coffee on my table, I can keep myself awake the whole shift."

- Jay | Sales Team Admin Assistant

"I don't usually eat before my shift. I sometimes take a power nap during breaktime. Only when I'm really drowsy, I will take coffee or cola."

- Chris | Web & SEO Assistant

"Coffee, chocolates, music, talking to Emz and distracting him."

- Nowie | SEO Specialist

"To handle the night shift, I make sure to get enough sleep during the day, usually around 8 hours. This helps me to feel rested and alert when I start my shift. I also try to stay hydrated and eat well-balanced meals, as this can help to keep my energy levels up. To keep myself awake and alert, I sometimes listen to music or take short breaks to stretch and move around. I find that bright lights can also help to keep me awake, so I try to keep the lights in my workspace open during the shift. I also try to always communicate with Gabby, ask her how she's doing and she's doing the same for me. I love Gabby, as she keeps me awake by always talking to me."

- Diana | Social Media Manager

"Coffee, candies for a sugar rush, and listening to all Taylor Swift Songs."

- Che | Digital Advertising Assistant

"I made sure to get enough sleep during the day and occasionally drink coffee at night to stay alert and I love working at night."

- John | Video Editor

"Ordering coffee every night and playing some jazz music."

- Emz | Graphic and Web Designer

"Coffee, music, lots of roasted Sunflower seeds and maintaining a sleep cycle."

- Joseph | Social Media Manager

"I drink coffee and I always work at night because I don't sleep early."

- Adham | Web Developer

"I usually listen to EDM/rap music and do some stretches when I feel sleepy. Lots of water and a little bit of coffee or rarely since it's too acidic for me."

- Iana | Social Media Manager

"Complete sleep in the morning. I don't drink coffee. I also do some stretching to keep me awake."

- Erome | Digital Advertising Assistant

"Coffee is my go-to to keep me awake."

- Bryan | Web & SEO Assistant