

## Video: How to stay awake without caffeine

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Credit: American Chemical Society

You're tired and you need an energy boost, but you don't want the jitters from caffeine. What to do? In this

Reactions video, we give you some chemistry-backed tips—one of which involves cats—to boost your productivity and stay awake without refilling the [coffee cup](#).

Check it out here:

Provided by American Chemical Society

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