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Tired? Hunger May Help You Stay Awake

A new research suggests that if you are tired, being hungry may help you stay awake. A few experiments have been done on fruit flies that also backs up the theory. Click on one of the links to get more information on this new idea.

If your stomach is growling and you're sleepy, ignoring the rumblings and staying hungry may give you a boost, new research suggests.

A study on fruit flies published this week found that a tired mind can be energized by hunger, [LiveScience reported](#).

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