

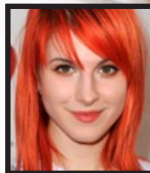
the **GIRL'S GUIDE** to...

pulling an *all-nighter!*

Still have *hours* of cramming left for a big test? Channel your inner rock star to make a sleepless night a success. **by Hayley Williams**

break time!

Perk up with one of Hayley's favorite tunes: New Found Glory's "Caught in the Act."



No one really wants to stay up all night! I love to bury myself under a minimum of five pillows for a solid nine hours when I get the chance. But sometimes an all-nighter is crucial. Whether you're writing a paper or your band is driving from Florida to Jersey to get to the next show, here are a few tricks I've learned to make it a little less painful. My rules:

- **Eat a snack** but don't make it a bag of chips. The last thing you want to be is bloated at 3 A.M. Go for almonds, a banana, or any other healthy stuff. The key is *natural energy*!
- **Make a playlist!** You'll need a soundtrack to keep the sleep-inducing silence at bay while you're working the night away. Mix it up with upbeat songs that won't distract you from your work, and throw a headbanger in there for good measure. Check out M83's new album—perfect for almost any occasion!
- Whatever you do, **don't stop to "rest your eyes."** We all know what you're *really* doing. . .
- If you start to feel extra-drowsy, **wake up your body** with some push-ups, squats (my fave), or jumping jacks to keep your blood pumping.
- When you take your first break, **shower** and pick out your clothes. You need to prep for the dreaded crash—when you wake up and have like five minutes to get ready. (I know this all too well!)
- Use **Clear Eyes** for dry, red eyes. (The commercials don't lie.) As long as your eyes aren't burning, you can tell yourself that you aren't missing out on your usual eight hours.
- And finally, it's show time! **Grab a coffee** or a green tea, get in your car, and blast a Paramore record on the way to school. You've got this!

para-more!
Hayley and the band are recording their next album, due later this year.



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Download Hayley's up-all-night playlist at seventeen.com/hayleysplaylist