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LET US WELCOME HER ON STAGE! PROFESSOR AIKA UENO!

BY APPLYING ENGINEERING TECHNOLOGY TO MEDICINE...

...THE CATHETER PROFESSOR AIKA’S GROUP CREATED HAS SAVED SO MANY PEOPLE’S LIVES!

AIKA UENO (21)
MECHANICAL ENGINEERING MAJOR

I’M SO HAPPY! PRAISE ME MORE! COMPLIMENT ME MORE!

FINALLY!

THE TIME HAS FINALLY COME!

I CAN’T STOP GRINNING...

SINCE MECHANICAL ENGINEERING HAS AN IMAGE OF SOOT AND DIRT...

MISS UENO!

MISS UENO!

WAKE UP! MISS UENO!

...AND IT’S NOT VERY PRETTY, THERE AREN’T MANY GIRLS!

WITHIN THAT SOLITUDE, I CONTINUED MY BATTLE!
I cannot have you sleep here, Miss Ueno.

I'm sorry. I was up late simulating an experiment, so...

Ahem! The same can be said for other students!

I'm sorry. Just because you are a lady does not mean you can be excused for sleeping in class.

Right! Let's keep working! I wasn't planning on making excuses...

In order for women to succeed in male dominated mechanical engineering...

...we must work as hard as we possibly can!
Aoyama University of Technology Graduate School

Looks like I'm staying the night in the lab again...

*Second day of staying over

It looks so good! Piyoung is so disturbingly tasty.

Huh...?

...?

Ahhhhhh!

Honestly, there should be regulations on instant yakisoba noodles.
Why are you so surprised by me? How rude.

AHHHHH! It talks!

But if I don’t, I can’t keep up with the male researchers.

I’m Triple E! I’m a health care robot from the future who came to help…

…Humans who will contribute to humanity’s future.

You dummy. It’s foolish to try to keep up by cutting down on sleep!

You’re from the future…?

It’s a huge loss for humanity if you work too hard and end up harming yourself in some way.

Plus what?

Bloodshot eyes!

Fooling your sleepiness with caffeine and energy drinks!

Just what do you think you’re doing!?!
IF I CAN'T EAT WHAT I LOVE, WHAT AM I SUPPOSED TO HAVE AS MY REASON TO LIVE...

WHAT IS THIS ABOMINATION!!

I'M ONLY ASKING YOU TO QUIT INSTANT NOODLES.

IT'S PIYOUNG...

LISTEN.

I'M JUST SAYING THAT WHILE IT'S OKAY TO ENJOY IT ONCE IN A WHILE, TOO MUCH IS NOT GOOD FOR YOU!

THAT'S NOT WHAT I'M ASKING!

I WANT TO KNOW WHY YOU'RE EATING SOMETHING AS UNHEALTHY AS INSTANT YAKISOBA NOODLES!

THEN, I CAN EAT IT SOMETIMES!?

OKAY, THEN!

I'LL GO FROM EATING IT EVERY DAY TO ONCE A WEEK!

I NEEDED SOMETHING TO KEEP ME MOTIVATED THROUGH TOUGUH TIMES...

IF YOU MUST, AIKA.

IN THAT CASE, CAN YOU PROMISE ME TO EAT HEALTHIER?

UNBALANCED NUTRITION AND TOO MUCH SALT, OIL, AND PRESERVATIVES ARE MAKING YOU UNHEALTHY!

THAT'S STILL A LOT!

BY EATING HEALTHIER, MY CONDITION AND SLEEPINESS WILL GET BETTER, RIGHT?

EEEEEEK!

YOU'RE SUPPOSED TO BE RESEARCHING CATHETERS BUT YOUR BLOOD IS SO CLOTTED!
Remember, if you don’t get enough sleep, your brain functions will decrease!

Huh? Is that true?

Huh?

Only sleeping for six hours a day for ten days is equal to staying up for 24 hours.

It leaves you with the same cognitive capabilities as after drinking one to two bottles of Japanese sake!

Concentration, awareness, judgement, memory, calculation, logical reasoning...

...it all decreases. Most of all, it makes you think negative thoughts!

Do you understand now? Losing sleep is the worst thing for an academic.

Sure...

But I can’t fall asleep. I get nervous thinking about all the things I need to do...

That’s because you’re not exercising!

Huh?

Humans broadened their brain functions through walking and traversing.

In your case, you need to exercise. If you exercise 30 minutes a day with intermediate aerobic and anaerobic loads...

...you’ll be able to sleep better!
A healthy diet, exercise, and sleep! If you want to obtain creative research results, these are elementary!

...I started working out.

Yes, sir!

I understand... I promise to lead a healthier life...

Salsa rice bowl with avocados and quinoa plus some salmon

I started eating a balanced diet...

Very well.

But what am I supposed to change?

I guess I can help you go over your schedule.

With that... the improvements to my lifestyle began!

At the lab, I would concentrate to my fullest on my research.
GOOD FOR YOU, AIKA.

A FEW MONTHS LATER

Aika's doing well recently, huh?

good for you, aika.

If you're leading an unhealthy research life...

TRIPLE E MIGHT SHOW UP RIGHT IN FRONT OF YOU, TOO.

Please give us your comments. https://forms.gle/NjTo1V1yeJZCgD3e9