Catch some Zs to get those A’s!

- Seven to nine hours of sleep aids memory, processing of information, and increases alertness.
- Power nap for 20-30 min. max. Improves alertness and performance.

Fuel your body and brain!

- Eat breakfast of protein & complex carbs.
- Fruits, veggies, whole grains, & lean protein improves blood circulation to the brain.
- Avoid sugar & too much caffeine, to avoid a temporary “high” and “crash” of energy and mental function.
- Carry healthy snacks: fruits, nuts, yogurt, or whole grain crackers with peanut butter.
- Stay hydrated to help you focus.

Get moving!

- Exercise daily to improve alertness, engagement, learning, and mood.
- While studying, set an alarm for every hour. Take a 2-3 minute stretch break/get fresh air.

Remember to breathe!

4x4x6: Calm yourself and refocus
- Inhale slowly, deeply to the count of 4.
- Hold the breath for 4 seconds.
- Exhale slowly to the count of 6.