

PHYSICAL CONSIDERATIONS

- ✓ If it is near a meal time perhaps study will be better for you if you pick another time. Feeling hungry or anticipating a meal can distract you.
- ✓ Try not to study directly after a meal if you tend to get sleepy after eating.
- ✓ If you take medications that can make you drowsy, try to study when the medicine is least in your system.
- ✓ Try to dress comfortably to minimize binding clothes such as tight shoes.
- ✓ Use good posture when sitting to enhance your breathing and oxygen intake so your brain works at peak ability.
- ✓ Know if you are a morning person or an evening person and study when you are wide awake.
- ✓ If you have a physical challenge that requires particular attention, make sure you do so to avoid distractions of pain or other issues.
- ✓ The healthier your lifestyle is, the better you are going to be able to study.
- ✓ Be careful about using high energy drinks because many of them let you crash when they leave your system.
- ✓ Do not try to study when your mind has been altered by alcohol or drugs.
- ✓ Sit in appropriate furniture for studying. Reclining in a LACYBOY chair is not appropriate. You need a straight back chair or office style desk chair and a surface like a desk or table top.
- ✓ Maintain a good room temperature: Not so warm as to make you sleepy and not so cool as to have you shivering.
- ✓ If you need glasses, wear them so you do not have to slow down while squinting to see the print.