

Sleep is important!

- It is a well-documented medical fact that adequate sleep is necessary in order for the brain to function properly. Sleep is necessary in order for the brain to absorb, process, and remember what you have “learned” during the day.
- Lack of sleep affects your overall health. Going for days or weeks without sufficient sleep increases your chances of becoming ill.
- Pulling an all-nighter when studying for an exam is not a wise choice. Also, using excessive caffeine to help you stay awake or alert results in a negative rebound effect.

Diet (eating well) is important!

- A healthy diet affects your overall health and your ability to concentrate and learn.

Health News: College Night Owls Have Lower Grades

“In college students, the complaint of difficulty concentrating during the day continues to have a considerable impact on their ability to succeed in the classroom,” study author Dr. James F. Pagel said in a prepared statement. “This study showed that disordered sleep has significant deleterious effects on a student’s academic performance, including GPA.”

<http://news.health.com/2008/06/09/college-night-owls-lower-grades/>

General Health News: Lack of Sleep, Excessive Computer Screen Time, Affects Grades in College

College students who do not take proper sleep, excessively sit before television or computer screens, suffer from stress, gamble, use alcohol or tobacco, or suffer from other health-related issues do not fare well in academics, according to a new study.

<http://www.medindia.net/news/Lack-of-Sleep-Excessive-Computer-Screen-Time-Affects-Grades-in-College-43256-1.htm>

High-fat diet linked to greater sleep problems

Washington, June 11 (ANI): Researchers in Brazil have found that the more fat you consume each day, the less likely you are to get a good night’s sleep.

http://www.thaindian.com/newsportal/lifestyle/high-fat-diet-linked-to-greater-sleep-problems_10058882.html

Better Diet, Better Grades!

<A study published in the April 2008 issue of the Journal of School Health reveals that children with healthy diets perform better in school than children with unhealthy diets.> ...

If you make a conscious effort to improve your diet a little bit every day, you’ll soon feel it in your body and see it in your test scores!

<http://homeworktips.about.com/b/2008/04/01/better-diet-better-grades.htm>

Investigate other strategies to improve studying. Here are a few tips:

- Take frequent breaks (perhaps 5 minute breaks after 30-40 minutes of study)
- Refresh yourself with water, short walks, or stretching (not something that will distract you completely).