



Tips to Focus your Attention when Studying

1. **Meditate regularly.** Meditation trains your brain to stay at attention for longer periods of time. Practice [focused attention meditation](#) for 10 minutes a day or try out one of the many apps such as [Stop, Breath & Think](#).
2. **Take breaks.** Apply the [Pomodoro Technique](#), which is based on time intervals that promote bursts of intense productivity, followed by brief rest periods.
3. **Exercise to get the jitters out.** Make sure you have gotten your physical energy out before you start studying or exercise during breaks, which will increase your focus.
4. **Limit distractions.** Turn off your phone and close websites or use apps to block distracting website or applications such as [Freedom](#) or [SelfControl](#), which often have built in timers to reinforce the pomodoro technique.
5. **Drink plenty of water and eat healthy food.** Prepare drinks and food before you start studying so that you will be less likely to get up and lose focus.
 - Stay hydrated!
 - Drink black tea instead of coffee.
 - Eat power snacks and [brain food](#).
6. **Consider your energy level.** Schedule your most challenging study sessions when you anticipate feeling most energized and focused. Do the hardest thing first.
7. **Increase your alertness.** Studies show that listening to classical music helps you pay attention. So does chewing gum and taking notes by hand.
8. **Give yourself permission to zone out.** Allow your mind to wander and schedule a convenient time for daydreaming (e.g. while doing dishes).
9. **Get a good night's sleep.** Make sure you have slept at least eight hours. Fatigue makes it really hard to concentrate when studying.