

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