

TILT | LEARNING PROGRAMS

STUDY RHYTHMS

The time of day you choose to study, can have an impact on your success. So when are the optimal times to study? Here is some information to help you decide on the best times that work for you.

Day Time

You tend to have more energy after a good night's sleep and your ability to concentrate is higher

Natural lighting tends to be better for your eyes

Your body is more active during the day, and so is your mind

Late morning is a good time to study if you have questions so you have someone available to contact for help

If your levels of stress tend to be high in the morning then studying first thing can keep your mind fresh and clear the rest of the day

VS

Night Time

Night time is usually quieter, and may have fewer distractions

Night time increases creative confidence which is defined as, the natural human ability to come up with breakthrough ideas and the courage to act on them (Tom & Dave Kelley of IDEO Talk)

If studying with others is optimal for you then night time is ideal because people tend to be more available

Many people tend to consider studying at night as a way to unwind

Fun Fact:

Bright lights from the use of TV, computers, or phones can interfere with the night time production of melatonin, which can actually lead to sensory arousal being greater at night

Circadian Rhythms:

GABA, a chemical which inhibits brain activity, is released rhythmically by the body in accordance to the circadian clock controlling sleep and wake cycles.

The clocks can be manipulated by light exposure, the more light the higher levels of GABA and it can affect your ability to remember information.

Too much stimulation to the brain will result in loss of memory and disrupt circadian rhythm throwing off the balance of sleep.

Spacing:

For every 50 minutes of studying, take a 10 minute break.

It is better to do 4 one-hour chunks of studying than 4 straight hours. Plan these chunks throughout your day.

Reviewing material the same day you learn it prevents the risk of forgetting the information. Plan 5 minutes of overall review into your day.

Start studying a minimum of 3 days prior to an exam using the previous two techniques for more success.