



STUDY TIPS WEEK 3

STUDENT'S TIPS

Best Time To Study

4 a.m - 6 a.m
Brain Function 100%

Night
Brain Function 20%

6 a.m - 7.30 p.m
Brain Function 50%

Brain Oxygen Level

Breakfast
60 - 80%

Lunch
10 - 20%

Dinner
30 - 40%

Night Sleep

Minimum - 6 hours

Maximum - 8 hours

For more oxygen to the brain:

- * Do breathing exercise in the morning & evening for 20 minutes
- * Drink 8-10 glasses of water daily
- * Do regular prayers and meditation
- * Have a balance diet

Nutritions for the brain

Protein, Calcium, Omega 3, B Complex, Lecithin, Honey, Bee Polen, Ginko Biloba