



What to do the Night Before the SAT

A short guide to a comprehensive night-before-the-SAT routine.



1

Review cheat sheets, formulas, and other notes

Early the night before the SAT, quickly review any tricky areas of the SAT. Maybe you struggle to remember an important formula or maybe you want to review subject-verb agreement. Whatever usually trips you up, take some time to review the concept. This doesn't need to be very long — an hour or so will do. For example, [click here](#) for a math cheat sheet you can use. Remember, there is no good way to cram for the SAT the night before, so trust your test prep.

2

Eat a nutritious dinner and drink water

You definitely don't need to have a 5-star, gourmet meal, but try to eat something balanced and nutritious. This will fuel your brain for test day and avoid distracting hunger pangs. Keep in mind that you don't want to eat too close to when you fall asleep, because this can decrease the quality of your rest. Also, it is so important to stay hydrated throughout the day. Our entire body relies on water, so making sure your body has adequate hydration is essential. Eating adequate, healthy foods and drinking a respectable amount of water can have a major impact on your SAT the next morning.

3

Practice mindfulness and relaxation

When it comes to relaxing, you know what works best for you. Maybe you thrive after watching your favorite TV show or reading a nice book. Whatever your technique might be, relaxing the night before the exam can help you avoid unwanted anxieties and nerves. In addition, incorporating meditation can be super helpful to center your thoughts on the current moment. Try meditating for 10 minutes and see how you feel — it can't hurt and it just might help! No matter what you choose, practicing mindfulness and doing things that help you de-stress can be a major weapon on test day.

4

Organize everything for test day

Make sure you know everything you need to bring on test day and get it ready beforehand! The College Board says to bring your fully charged testing device (make sure you have Bluebook installed!), such as a laptop or iPad, your admission ticket, a photo ID, a calculator (check to make sure your calculator is approved for the SAT), and pencils or pens for scratch work. You likely also want to bring a charger for your testing device and some drinks and snacks. Check out [this article](#) for more information about what you do and don't need on test day.

5

Go to bed early

Yes, you probably already know how important it is to get a good night of sleep before an exam, but we really mean it. Getting enough sleep is crucial to having the energy and mental focus to complete the SAT. The test is quite long, and it is easy to lose focus or become exhausted if you did not get enough sleep the night (and even week) before. Make sure to get into bed earlier than usual because it might take you a bit longer to fall asleep than normal due to nerves. Your relaxation techniques should help aid in your sleep, but still give yourself some buffer-time by going to bed extra early. Trust us, staying up and trying to cram to get a better score is not the most efficient use of your time!

Study tip! Establish a study schedule that fits your daily routine and allows for consistent practice. Get thousands of practice questions with Acely!

Create a free account and start practicing at www.acely.ai