



Ben Meer ✅

@SystemSunday

How to study for 4 hours straight (without adderall):

21.4k Likes 4.4k Retweets 393 Replies



Ben Meer ✓
@SystemSunday

Hi, I'm Ben.

I received an MBA from Cornell with high marks.

My secret to success?

The ability to study for 4 hours straight (with little-to-no breaks).

While 4 hours is the upper bound of our cognitive limit, it IS possible.

But, only if you follow these strategies...



Ben Meer ✅

@SystemSunday

Today I'll share 7 tips for studying...

First, why study in a 4-hour block?

The answer is simple: Batching.

Two benefits:

1) You only have to mentally prepare once to study

2) It eliminates the switching cost of attention between activities.

Here we go...



Ben Meer ✅
@SystemSunday

1. Study Your Interests

Very obvious, very overlooked.

Learning is infinitely easier when you're curious about the topic.

The harsh truth:

If you're not passionate about the topic,

you're going to get beat by people who are.

They won't be counting the hours.



Ben Meer ✅

@SystemSunday

2. Have a Plan

The night before, figure out what you'll study.

Identify a goal for the 4-hour block.

“Read chapters x, watch videos y, etc.”

Prepare all the resources you need and set them up in advance.

You'll have everything you need to start.



Ben Meer ✅
@SystemSunday

3. Hide Your Phone

The best productivity app on your phone is Airplane Mode.

Would you rather:

Be in the library all day unfocused

OR

Study 4 laser-focused hours and get on with your day?

The choice is yours.



Ben Meer ✅
@SystemSunday

4. Optimize Your Senses

Activate your 5 senses:



: Noise-cancelling headphones



: Hide bad triggers (phone)



: Consider an aromatherapy diffuser
(peppermint & lemon promote
concentration)



: Set a cool room temperature for
alertness



: See tip #5



Ben Meer ✅

@SystemSunday

5. Manage Your Energy

Lack of nutrition destroys willpower, mood, and clear thinking.

Stock:

- Water
- Healthy snacks
- Caffeine as needed
- Gum (for concentration).

You'll stay charged.



Ben Meer ✅
@SystemSunday

6. Plan for Contingencies

Coffee shops & libraries can be great motivators

Plan for contingencies

If you find yourself without a charger, a bathroom, or internet...

You did not plan your mission properly.



Ben Meer ✓

@SystemSunday

7. Create Incentives

Plan a fun reward for after your studying.

A favorite show? A date or meal with a friend?

You'll be more motivated to focus now,

So you can enjoy your time later.



Ben Meer ✅

@SystemSunday

The TL;DR to study 4-hours straight

1. Study Your Interests
2. Have a Plan
3. Hide Your Phone
4. Optimize Your Senses
5. Manage Your Energy
6. Plan for Contingencies
7. Create Incentives

You deserve to crush school AND live your life.



Ben Meer ✅

@SystemSunday

Those were 7 tips to focus for 4 hours straight.

Following these tips, you will be
EFFICIENT.

Please note: This post is not an attack on people who are prescribed Adderall for medical conditions 🤝

Thanks for reading!

Are you an online creator, or
do you want to become one?



If so, you'll love my new course
Creator Method.



Ben Meer
Creator Method Instructor

[See Link in Bio](#)