

# Improve Focus and Concentration.

This notes is prepared from the Andrew Hubberman video on How to improve focus and concentration, for full video , please refer to the youtube video

<https://www.youtube.com/watch?v=yb5zpo5WDG4&pp=ygUoYW5kcmV3IGh1YmVybWFuIGZvY3VzIGFuZCBjb25jZW50cmF0aW9uIA%3D%3D>

[50cmF0aW9uIA%3D%3D](https://www.youtube.com/watch?v=yb5zpo5WDG4&pp=ygUoYW5kcmV3IGh1YmVybWFuIGZvY3VzIGFuZCBjb25jZW50cmF0aW9uIA%3D%3D)

## Notes

### Introduction:

- If you need a unwavering focus, You have to ensure three different things in resonance:
- **Metaphor of an Arrow head:**
  - **Epinephrine: Shaft of the Arrow Head**
  - **Acetylcholine: Arrow head**
  - **Dopamine. Propeller behind the Arrowhead.**
- First preference is to get into behavior tools (Meditation, Visual Covert Focus, Sunshine, Proper Sleep, NSDR..etc) and then Food/Nutrition and then supplements.
- Ensure you daily intake of food gets these following items:
  - Almonds (Best if soaked and peeled the outer cover)
  - Walnuts (Soaked and Peeled)
  - Eggs
  - Peanuts
  - Soy Products
  - Fermented Foods
  - Dairy Products

- Various Kinds of Nuts and Seeds
- Legumes
- Whole Grains
- Quinoa
- Spinach and Leafy Greens
- Non Vegetarian Options:
  - ◆ Fatty Fish
  - ◆ May Be chicken and Turkey
- Regular Supplements:
  - ◆ Fish Oil
  - ◆ Ceratine
- Ensure that it will get some time to get into focus, average time 6 to 10 mins.
- Better Idea to have 90 mins work bouts.(Ultradian Cycles)
- If you need to get into One complete bout of Unwavering concentration :  
(Dont do it everyday, only when you badly need it)
  - Take 500 mg of L-tyrosine/Phenylethylamine.
  - One 300 mg of Alpha GPC
    - ◆ There are comments that frequent take of Alpha GPC might increase TMAO, and you have to offset with Garlic 600 mg Tablet.
  - And a Coffee.

### **Ideal Morning:**

- Sleep is most important
  - First few mins be in the sun to activate to your circadian clock.
  - Take cold bath, as it induces adrenaline and **dopamine**(If you are not cold adapted)
  - Coffee as needed.
  - Meditate (really recommended, for the long term effect)
  - **If you really wanted to a deep work:**
    - ◆ Keep 90-100 mins of focus time.
    - ◆ 40Hz Binaural Beats for first few mins before you start your work, if you are into flow state, you can stop them.
    - ◆ White Noise, Pink Noise, and Brown Noise might help to increase to focus to some extent.
    - ◆ You can add caffeine as well, if you are still not getting focus.
    - ◆ Avoid coffee after 2pm for your quality of sleep.
    - ◆ If you are feeling distracted in the middle,
      - ◇ Visually Focus on one location up to 30sec. to 3min. with blinking: trains focus and refocusing
      - ◇ Covert focus, eyes are focused on somewhat we are not directly gazing at it
      - ◇ 30sec. to 3min.
      - ◇ After your do focus session, if you are overwhelmed you can yoga Nidra(NSDR)
- Phones are eating our resting times and therefore out focus

- Focus needs warmup, Flickering focus is normal, accept it
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### **Other Interesting Options**

- Healthy stress helps focusing
- Cold exposure induces healthy stress, adrenaline and focus
- Meditation set timer for >13min. sit or lay down and focus on breathing an inch inside your forehead, refocus back on your breath: improve focus in 8 weeks
- Terrible Sleep? NSDR Non Sleep Deep Rest
- Yoga Nidra laying down for 10
- Hypnosis for neuroplasticity (focus and relaxation) recommendation of the Riveri App
- Timings: Meditation shouldnt be done in 4 hour window before sleep, NSDR/Yoga Nidra might help with falling back asleep after waking up at night, Hypnosis can be done any time of the day Visual Based tools:

### **Cognitive focus follows visual focus**

- wearing hoodie might increase focus
- Visually Focus on one location up to 30sec. to 3min. with blinking: trains focus and refocusing

### **Food and Supplements:**

- Omega-3s, 1-3g EPA (Fish Oil, Cod Liver Oil) to improve brain function (fish, avocado, algae, supplements) It acts as a Modulators.
- Creatine can increase focus as well. (It also acts a Modulator)
- Foods with Choline or AlphaGPC 300mg to 600mg if you need a lot of focus (not every day), take it with garlic (600mg).

