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How to regain your focus.

The tunnel method:

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Dr. Andrew Huberman is a professor of neurobiology at Stanford School of Medicine.

On a podcast with Rob Dial, he revealed how to hack your focus for success.

It's called the tunnel method.

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Why?

Focus is often seen as 'non-distraction'.

Instead— think about taking on practices to enter a focus state rather than worrying about any distraction around you.

Extremely successful people are where they are because they can enter the tunnel very quickly.

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Here's 4 steps to create your own tunnel of focus:

1. Create the tunnel
2. Enter the tunnel
3. Stay in the tunnel
4. Exit the tunnel

Let's break it down.

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## 1. Create the tunnel

Cement practices for entering your tunnel of focus:

- A breathing exercise (3 deep breaths)
- A visual note to prompt you
- 90 min sessions

Dr Huberman uses a note above his workspace that says:

"Find the tunnel. Get in the tunnel. Stay in the tunnel."

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## 2. Enter the tunnel

Your focus needs warming up—especially for creative work.

You don't walk into the gym and expect to hit a PR on your first set.

Spend 5-7 minutes finding your way in.

You'll feel it click over.

Then a nuclear bomb could go off and you won't budge.

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### 3. Stay in the tunnel

If you find comfort in 'optimal' for too long, the moment you sense you're 5% off, you dissolve into a puddle of tears.

Sometimes, it's good to focus in sub-optimal conditions.

This trains your nervous system to be responsive at any time.

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## 4. Exit the tunnel

Deliberate focus should be followed by 10-20 mins of total rest.

When you're working: you're highly focused.

When you're on a break: you're really resting.

If you don't draw these lines, you'll end up wasting focus time by not letting your brain recover.

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There is no feel-good entry into learning.

The real power comes from:

- Establishing a strong foundation
- Being able to drop into your tunnel of focus amid chaos

Be primed for operating under optimal and suboptimal conditions.

That's where the magic happens.

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