

Do YOU struggle to stay focused at work? You may have 'cognitive fatigue': Alertness levels drop every HOUR as the day goes on

- By studying exam results, scientists found that for every hour earlier a test was held, scores improved by 0.9 per cent
- The effect was even more pronounced among lower-achieving pupils
- But performance was given a significant boost if the student took a break

By [RUSS SWAN FOR MAILONLINE](#)

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If you've ever suffered an afternoon slump at school or work, you may be suffering from 'cognitive fatigue.'

Researchers have found we are at our most sharp, intellectually speaking, in the morning and our performance drops every hour throughout the day.

By studying exam results, the scientists from Denmark discovered that for every hour earlier a test was held, scores improved by 0.9 per cent.

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
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
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
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
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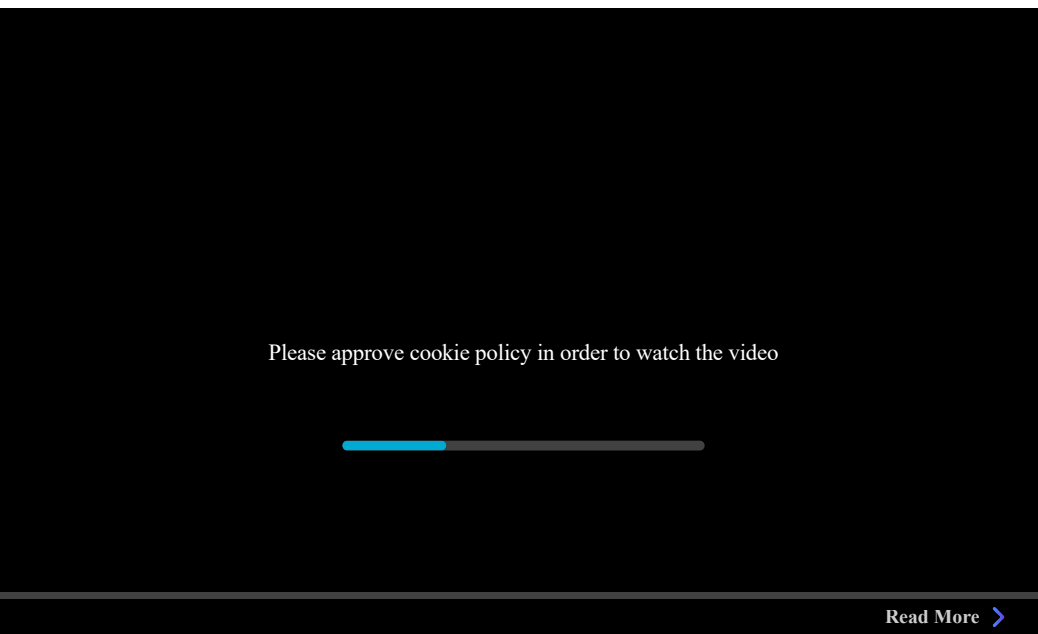
► Rob Kardashian makes rare appearance on KUWTk's final season as he scolds his mother Kris Jenner for lollipop bribing grandchild



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If you've ever suffered an afternoon slump at school or work, you may be suffering from 'cognitive fatigue.' Researchers have found that we are at our most sharp, intellectually speaking, in the morning and our performance drops every hour throughout the day (stock image pictured)

And the effect was even more pronounced among lower-achieving pupils, but turned out to be less important than having a rest break.



In Denmark, compulsory schooling begins in August of the calendar year the child turns 6 and ends after 10 years of schooling.

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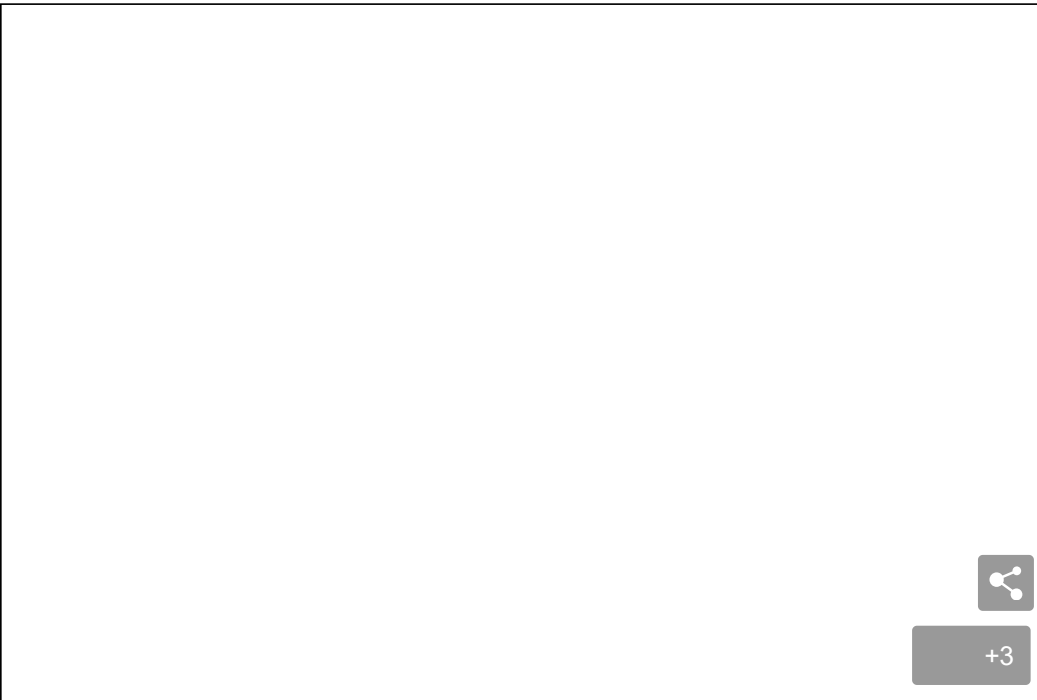
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Approximately 80 per cent of children attend public school and in 2010, the Danish Government introduced a yearly national testing program called The National Tests.

The researchers, led by Hans Henrik Sievertsen from the The Danish National Centre for Social Research, analysed the results of these tests across the country for

children aged between eight and 15.

While the earlier start gave a 0.9 per cent improvement, a well-timed rest was even better.



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The researchers, led by Hans Henrik Sievertsen from the The Danish National Centre for Social Research, analysed the results of compulsory tests given to students across Denmark. They found that for every hour earlier a test was held, scores improved by 0.9 per cent on average

► Sharon Stone, 63, shows off her sensational figure in a leggy halter dress and sheer gown as she poses for striking shoot

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AD FEATURE

► Helen Flanagan poses with newborn son Charlie and daughters in matching spotty PJs for a sweet family snap after wearing her baby carrier in the SHOWER

► Max George reveals brave bandmate Tom Parker is 'shocking' doctors with how well he's responding to treatment for his terminal brain tumour

► Princess Diana's biographer Andrew Morton claims that Meghan Markle led a 'normal life' during her time as a royal and was seen 'out and about'

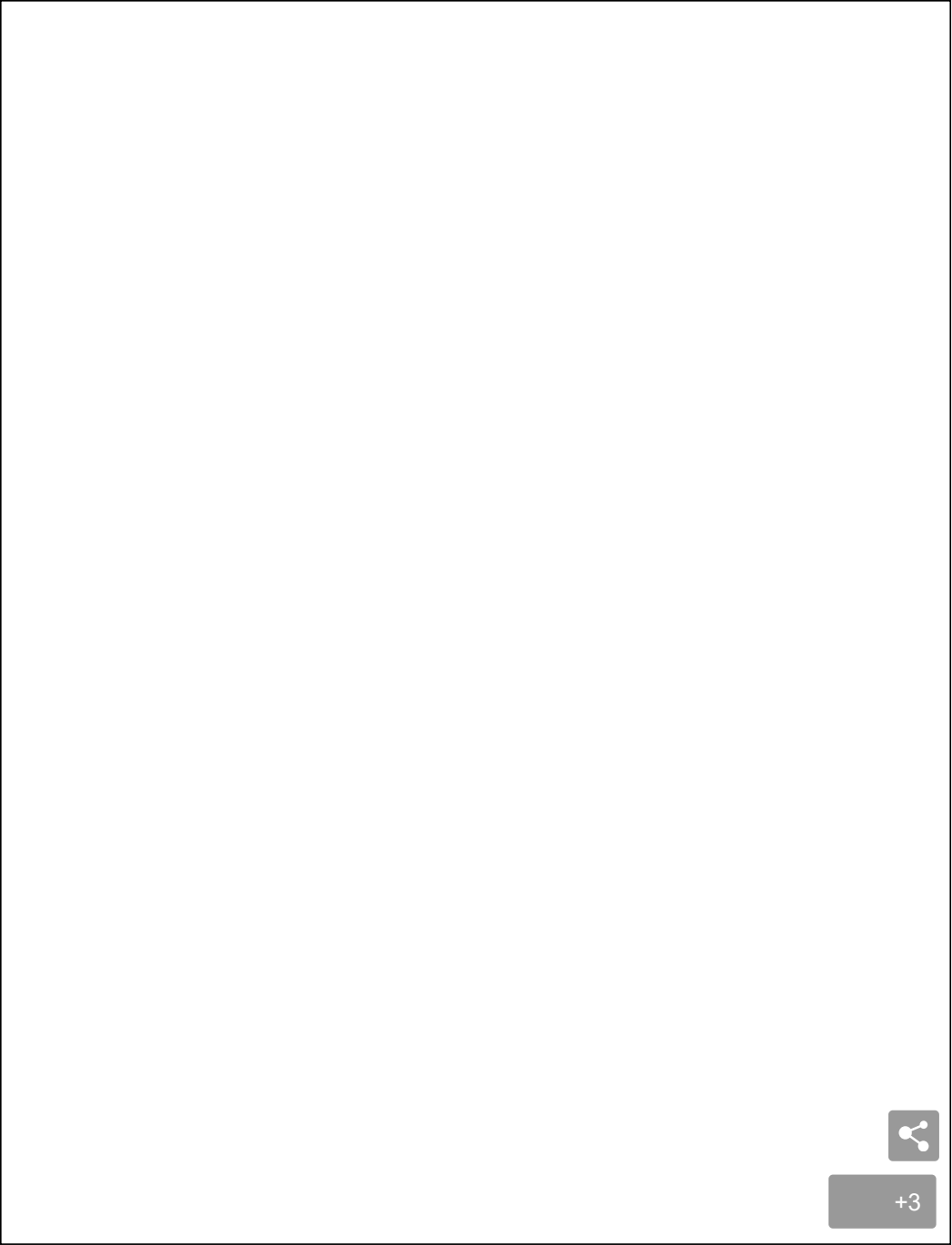
► Demi Lovato recreates the night of her near-fatal overdose as she is strapped to a ventilator after being 'left for dead' in powerful music video Dancing With The Devil

► Chrissy Teigen says it is 'difficult' accepting she will not being able to carry another child again following loss of son Jack

► Kylie Jenner turns up the heat as she flaunts her washboard abs in an orange crop top and matching joggers while aboard her \$72.8MILLION private jet

Saira Khan claims Asian culture has held her back more than racism as she credits Britain for 'encouraging her to make the most of herself'





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Elsewhere, a 20- to 30-minute break taken immediately before an exam resulted in an improvement of 1.7 per cent. The authors said 'cognitive fatigue' - children getting tired of learning as the day progresses - is responsible for decreased performance and recommend 'strategically timed breaks' to improve test scores

A 20- to 30-minute break taken immediately before an exam resulted in an improvement of 1.7 per cent.

The authors said 'cognitive fatigue' - children getting tired of learning as the day progresses - is responsible for decreased performance and recommend 'strategically timed breaks' to improve test scores.

They also said its effects should be taken into consideration when setting school timetables.

However, they did stress that students in the sample were young children and early adolescents, and older adolescents may fare differently.

'We hope future research will investigate this possibility,' the team said.

HOW INTELLIGENCE IS AFFECTED BY THE SEASONS

It's not just our social lives that benefit in the summertime, we may actually be smarter too.

Researchers have found that our brains are sharper in summer, and that winter may dull our senses, making us less

▶ **Emmerdale's Reece Dinsdale bids farewell to Paul Ashdale as the villain meets a grisly end after horror crash**
Farewell

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▶ **Ashley Roberts shows off some serious dance moves in a colourful cropped two-piece as she appears in great spirits ahead of the Easter weekend**

EXCLUSIVE **Laura Whitmore has given birth! Love Island host and Iain Stirling are seen for the first time with newborn baby girl**

▶ **Bindi Irwin's newborn daughter Grace Warrior has her first close encounter with 'Crocs' as trailer drops for Crikey! It's a Baby! TV special**

▶ **'Anyone else wanting alone time?' Make-up free Nadia Sawalha, 56, sports wild hair and pulls faces in bizarre snaps as she escapes from her family**

▶ **REVEALED: Kendall Jenner's stalker was also arrested at KYLIE'S house after jail release... as model is granted restraining order against nude trespasser**

EXCLUSIVE **MAF's Melissa Rawson and Bryce Ruthven meet up with Kyle Sandilands and John Ibrahim after the radio star defended groom**

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▶ **Is Khloe Kardashian engaged? Tristan Thompson leaves flirty comment under the KUWTK star's photo of THAT massive diamond ring**

Chelsea Handler, 46, showcases her incredible figure in a cannabis leaf print bikini as she poses in the SNOW in Canada -



'Future work could also examine other forms of potential variation in students' performance on standardised tests, including circadian rhythms.'

Their findings may be at odds with recent [research](#) from Oxford University, which concluded that a later start to the school day would improve most students' concentration levels and exam results.

Some schools have even adopted a later daily start time in order to accommodate the 'adolescent time shift' which makes teenagers sluggish in the morning.

However, the Danish and American scientists reporting these findings conclude that this will have a negative effect.

They claim that they went to great lengths to reduce any external factors that might skew their results.

They controlled for gender and parental income, and even took into account what day of the week the tests were taken.

The findings are published in the journal Proceedings of the National Academy of Sciences.

Read more:
[Let teenage pupils have a lie-in... it could boost their exam results: Thousands of pupils to take part in trial to see if a later start will make a difference | Daily Mail Online](#)

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mentally sharp and our minds more likely to wander.

It seems our brains are geared to be able to pay more attention when the days are long, with our attention spans peaking around the summer solstice in June.

But it is not just our body reacting to the lengthening days, the study showed that our body clock keeps track of the seasons even when daylight is restricted.

The authors said evidence of seasonality in humans is limited, but their results provide 'compelling evidence' for annual variations.

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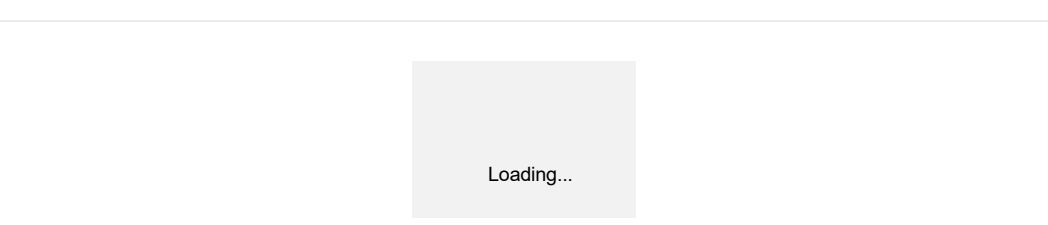
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▶ [Rita Ora looks incredible as she flaunts her toned physique in a stylish orange dress and flashes her abs in a cut-out crop top for sizzling snaps](#)

▶ [Amelia Gray Hamlin, 19, sports LBD to pay sister Delilah a visit at her West Hollywood home... amid reports she's moving in with beau Scott Disick, 37](#)

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'Let's wear our skin and let the animals keep theirs': Gemma Collins



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► 'I'm not brilliant at it still, but I get by': Line Of Duty's Kelly Macdonald admits she struggled to learn the police drama's vast array of acronyms

► Margot Robbie jokes there's a '20-hour cut of Once Upon A Time... In Hollywood' following success of Zack Snyder's Justice League on HHBO Max

► Katie Price displays the results of her 12th boob job in skintight grey top after correcting a botched surgery

► Lady Colin Campbell accuses Meghan of 'playing the race card to get a free pass to behave badly' and claims Harry 'would never have married her if she was white'

► Kendall Jenner files for a restraining order against a nude trespasser... after she moved out of her house for good after a stalker threatened to KILL her

► Above Suspicion trailer delves into the true story of one of the most notorious crimes within the FBI with Emilia Clarke and Jack Huston

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► Kelsey Grammer, 66, appears in great spirits as he links arms with wife Kayte Walsh, 40, during a dinner date after Frasier reboot was confirmed

► EastEnders star Cheryl Fergison reveals her Twitter and personal email account have been hacked as she tells fans 'the last couple of days have been frustrating'

► Dua Lipa 'is worth more than £20MILLION and added nearly £8m to her assets in just ONE year'... after getting three nods at the BRIT Awards



▶ 'I haven't physically abused her': Quavo breaks his silence about his elevator altercation with ex-girlfriend Saweetie amid 'LAPD investigation'

▶ BRIT Award-nominated rapper Pa Salieu is one of 10 men charged over nightclub brawl that saw The Specials' Neville Staple's grandson stabbed to death

▶ Tammy Hembrow shows off her famous figure in blue bikini as she shares steamy kiss with boyfriend Matt Poole aboard a boat

▶ Olivia Colman transforms into killer Susan Edwards for new Sky drama as she coyly enjoys an ice cream while filming with David Thewlis

▶ The Suicide Squad stars reveal their superpowers in the comic book movie's somber new trailer
The new trailer for The Suicide Squad takes a slower, darker tone

▶ Kris Jenner and Corey Gamble struggle through two weeks of no sex after Kourtney talks them into celibacy on Keeping Up With The Kardashians

▶ Amazon shoppers are loving this 'buttery soft' £36 running jacket for spring runs - with many claiming it's a dupe for Lululemon
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▶ Doctor Who's Christopher Eccleston details his decision to reprise the iconic role of the titular Time Lord after 16 YEARS

▶ BAZ BAMIGBOYE: Maria Bakalova reveals why she fled the country after pranking Donald Trump's lawyer in Borat 2

▶ Kerry Katona 'taking on Celebrity SAS: Who Dares Wins'... after her former I'm A Celeb camp-mate Katie Price's ill-fated stint on the show last year

Gigi Hadid brightens up a gloomy NYC day in a yellow tracksuit and pink face mask while taking baby Khai for a



▶ stroll in Washington Square Park

▶ Glee alum Dianna Agron is leggy in a glamorous low-cut black dress slashed to the thigh as she attends Shiva Baby Los Angeles premiere

▶ Grey's Anatomy brings back both Chyler Leigh as Lexie and ANOTHER surprise former cast member in Thursday night's new episode

▶ Masked Michael Keaton, 69, cuts a relaxed figure in a burnt orange gilet and cardigan as he heads out for dinner in Santa Monica

▶ Courteney Cox is every inch jokester as she dons FALSE FANGS to prank fiance Johnny McDaid and daughter Coco, 16, for April Fool's Day

▶ Dove Cameron shares a number of passionate kisses with musician Alexander 23 in her music video... as it's rumoured 'they've been dating for past month'

▶ From maxi floral dresses to a scent that smells of a tropical island, ten designer pieces on Net-a-Porter that are getting us excited for spring
PROMOTED

▶ Rick Astley reveals his prized guitars from the 1980s were **STOLEN** during a burglary at his home
Oh no

▶ Doctor Who star Peter Davison cast as a 'gossipy vicar' in ITV's The Darling Buds Of May reboot

▶ Married At First Sight's Dan Andrews lookalike Russell Duance moves on from 'bride' Beth Moore as he enjoys date with a mystery blonde in Adelaide

CHRISTOPHER STEVENS reviews last night's TV: You know you're posh when your pet mongoose nabs



▶ HM's choccies

▶ Keeping Up With The Kardashians: Kendall Jenner narrowly beats her sisters Khloé and Kourtney Kardashian in family obstacle course race

▶ Lana Del Rey keeps it casual cool in a white long-sleeved top and tiny black shorts while shopping in Beverly Hills

▶ Anne Hathaway is on trend in tie dye T-shirt and a pink face mask as she takes her toddler son Jack out for a walk in sunny Los Angeles

▶ Teen Wolf star Arden Cho reveals she was the target of terrifying racist harassment while walking her dog: 'I haven't been this scared in years'

▶ Nicole Williams models 'I'd rather go naked than wear fur' coat in California... which has already BANNED manufacture of new fur products

▶ Zac Efron cuts a casual figure as he enjoys a coffee run in Leura after filming his new Netflix series Down to Earth in the idyllic Blue Mountains

▶ Arnold Schwarzenegger, 73, shows off toned arms in a navy T-shirt as he keeps himself in top shape with beachside bike ride

▶ Dove Cameron's ex beau Thomas Doherty spotted KISSING model Yasmin Wijnaldum... five months after split from actress

▶ Justin Bieber rocks matching Hawaiian shirts with beloved pup Oscar... as wife Hailey shares adorable snap of the duo to Instagram

'Can I go back to eating Easter eggs?' Coleen Nolan insists the mystery star she branded a 'diva' was NOT one of her Loose



▶ Women colleagues

▶ Denise Welch gives an update on her sick dad Vin who suffered 'a bit of a fall' this week... after rushing to her childhood home in County Durham to care for him

▶ SEBASTIAN SHAKESPEARE: Is a new royal interview on the cards? Prince William confided how he would consider TV chat if he ascends to throne

▶ Salma Hayek catches the eye in a bold logo tracksuit as she's seen for the first time as jailed clairvoyant Pina Auriemma on the House Of Gucci set

▶ Patrick Schwarzenegger take a stroll for iced coffee on Melrose Avenue with girlfriend Abby Champion

▶ RHONY alum Kelly Bensimon, 52, enjoys lunch with on-again beau Nick Stefanov, 42... after getting over 'a rough few months'

▶ "Mom life on vacay!": Kim Kardashian is every inch the doting mother as she kisses daughter Chicago and cuddles her children by the sun-soaked pool

▶ HBO Max issues a series order for their Head of the Class reboot with a 10-episode order

▶ Joaquin Phoenix and Rooney Mara join fellow vegan Billie Eilish to hand out plant-based burgers to homeless youth

▶ Tara Reid promises fans that a fifth American Pie film 'will happen'... and says she's already read the 'amazing' script

Tori Spelling claims she's PREGNANT with her SIXTH child but gets SLAMMED by fans for what appears to be an April Fool's prank after



▶ showing off her 'bump'

▶ Jeffrey Dean Morgan says his 'horrible' experience playing an alien on Star Trek: Enterprise almost made him quit acting entirely

▶ 'We can't wait to meet you little one': Victoria's Secret model Georgia Fowler announces she's pregnant and expecting her first child with boyfriend Nathan Dalah

▶ Ulrika Jonsson posts flirty message for former Gladiators boyfriend Hunter as he is eliminated from The Circle... 25 years after their 'physical' romance

▶ Jimmy Carr, 48, looks dramatically different as he sports fuller, lighter locks and shows off weight loss after getting hair transplant and teeth fixed

▶ Pat Sajak enforces crossword puzzle 'and' rule on Wheel Of Fortune prompting outcry seeking change

▶ Alessandra Ambrosio looks marvelous in mint green as she makes her way to Pilates class in Brentwood
Stunning

▶ Better Call Saul star Bob Odenkirk recalls getting yelled at by Jeremy Irons at Saturday Night Live for writing a monologue that 'wasn't great'

▶ Justin Timberlake's former manager Johnny Wright tells Janet Jackson to forgive the star over their 2004 now-infamous Super Bowl performance

▶ Line Of Duty 'sparks surge in people wanting to join the police force'... as real-life AC-12 receives TRIPLE the number of applicants since 2018

Anthony Ramos, Hamilton and In The Heights star, tapped for lead role in new Transformers movie
New film



▶ **Hamilton's Leslie Odom Jr. and his wife Nicolette Robinson announce the arrival of their second child, son Able**

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▶ **'Family complete': Greg Rutherford and fiancée Susie Verrill announce arrival of their baby girl and third child in sweet posts**

▶ **'Coming along nicely!' Mark Wright gives fans an update on his 'dream home' with wife Michelle Keegan as construction work continues on the skeletal Essex mansion**



► 'It was her very happy place': Earl Spencer welcomes plans for blue plaque to honour his sister Princess Diana at her former flat

► Blake Lively wishes her husband Ryan Reynolds 'luck' trying to troll her after he got vaccinated looking like the 'hot a** offspring of Bernie Sanders and Bill Murray

► Patrick Mahomes and his fiancée Brittany Matthews celebrate their 9th anniversary with a romantic dinner

► Sofia Vergara's ex Nick Loeb loses his FINAL appeal in battle over frozen embryos in LA... after Louisiana court accuses him of making a 'mockery' of legal system

► Kelly Brook embraces the spring weather in a chic knotted shirt and cropped jeans after arriving for work at Heart FM

► Hilaria Baldwin refers to her six children with husband Alec as the 'Baldwinitos' in group snap despite Spanish heritage scandal

► Armie Hammer is replaced by Dan Stevens in Starz's Julia Roberts-Sean Penn Watergate drama Gaslit... amid cannibalism controversy

► YouTube star James Charles, 21, ADMITS he sexted two 16-year-old boys but claims they told him they were 18 in video where he takes 'full responsibility' for his actions

► Snoop Dogg joins The Voice! Rapper will serve as a 'Mega Mentor' during the show's 20th season Superstar

► Eiza Gonzalez makes a stunning debut as the face of Louis Vuitton fragrance in nothing but rainbow body paint

Jennifer Lopez relaxes in a tattered bridal gown as she unwinds by her 'favorite lagoon' on the set of Shotgun



► Wedding in the Dominican Republic

► Tom Zanetti confirms he will appear on Made In Chelsea after dalliance with Sophie Hermann on Celebs Go Dating

► LAPD 'investigating shocking Quavo and Saweetie elevator video... and fight could be considered an act of domestic violence on both sides'

► The name's Begg... Peter Begg! Bond star Daniel Craig looks WORLDS away from 007 role as he makes cameo in classic series Heartbeat back in 1993

EXCLUSIVE

DailyMailTV: Martha Stewart dishes up her no-fail tips for creating the sweetest Easter ever and gives a lockdown update

► 'Switching off with the kids!' Amir Khan is flying to Dubai AGAIN despite ongoing ban on international travel as he posts snap from the plane with his three children

► 'I would like the eyebrow places to open now': Lily Allen complains she's in need of a salon visit in fun video

► ADRIAN THRILLS: Bryan Ferry still suits the grand stage, serving up a heady cocktail of live tracks

► Britney Spears' social media manager is 'NOT responsible' for her Instagram post about controversial documentary after fans attempted to dissect text

► Maya Jama commands attention as she flaunts her curves in white and green leather trousers... after joining Celebrity Juice as a regular panellist

Kaia Gerber puts her catwalk figure on display as she finishes



▶ **workout in black leggings and matching hoodie**

▶ **Alan Carr reveals he is nervous about filming RuPaul's Drag Race UK as he 'put on three stone' during lockdown**
Nerves

▶ **Ryan Coogler refuses to join Academy despite scoring his first Oscar nod for Judas and the Black Messiah**
Not happening

▶ **Sofia Richie goes TOPLESS for a sultry backyard photo session... after the model is linked to rumored new love interest Elliot Grainge**

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Wow factor

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New music

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job she wanted. 'Yours,' she replied

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► **Love Actually actor Thomas Brodie-Sangster is the double of Malcolm McLaren as he sports tight curls and smokes for new Sex Pistols drama**

► **Bella Hadid leaves little to the imagination going braless in a sheer top as she joins flesh-flashing Irina Shayk for Mugler's surreal SS21 virtual runway**

► **To All The Boys' trilogy tapped for new spinoff series at Netflix led by Anna Cathcart**
The show will be led by Anna Cathcart who plays Lana Condor (Lara Jean's) younger sister

► **Maya Jama opts for a laid back look in a woolly jacket and blue tracksuit bottoms as she attends meetings after joining Celebrity Juice as a regular panellist**

► **Coronation Street star Bill Roache, 88, is seen for the FIRST time after successfully battling Covid as he eagerly plans his return to the cobbles**

► **Jenny Powell, 52, puts on a leggy display as she showcases her toned figure in a leather mini skirt and black shirt while stepping out in Manchester**

► **Newly-single Bianca Gascoigne flaunts her incredible figure in sexy white lingerie as she poses up a storm during Easter-themed photoshoot**
.

► **Red hot WILLY pepper! Sex Education's Gillian Anderson posts snap of her VERY phallic-shaped snack on Instagram**

EXCLUSIVE **Denise Van Outen and Johnny Vaughan in talks to RETURN as hosts of The Big Breakfast**

Myleene Klass takes a walk on the wild side in



► a leopard print dress and matching coat as she arrives at Smooth Radio

► Bridgerton's Jonathan Bailey has a heated discussion with his driver after she's caught breaking Covid rules while he attends season two rehearsals

► Lady Gaga looks in high spirits as she puts on an animated display to film scenes as 'black widow' Patrizia Reggiani on the set of House Of Gucci

► Emily Ratajowski cradles baby Sylvester while out in New York nearly one month after welcoming her son into the world

► 'I find it really hard to get over': Frankie Bridge details how trolling affects her and how 'everyone hated' her son Parker's name when he was born

► Prince William's rift with Prince Harry is the 'hardest' thing he's gone through since the loss of their mother, royal expert claims

► 'I try not to look': A Place In The Sun's Laura Hamilton reveals she suffers from panic attacks after being targeted by cruel online trolls

► Jesy Nelson cuts a trendy figure in a denim jacket and ripped jeans while posing for a series of stunning snaps

► Stacey Solomon could be set to earn millions as she 'lands six-figure fashion deal with online clothing brand In The Style'

► My plan was to be single for life': Katherine Ryan says she gave up on love before marrying her childhood sweetheart Aw!

Ulrika Jonsson, 53, flaunts her figure in a white bikini as she poses for selfie... after



▶ **posting flirty message for former Gladiators boyfriend Hunter**

▶ **Johnathon Schaech reveals that he 'had to explain' wedding photo from his 12-day marriage to Jana Kramer to his 7-year-old son Camden**

▶ **Sheree Murphy reveals her surprising role in Only Fools and Horses' iconic Batman and Robin scene and says she FORGOT about the cameo**

▶ **Awkward! Teresa Giudice and new her boyfriend Luis sit across from ex-husband Joe... as they have family dinner with their kids in the Bahamas**

▶ **The Crown's Imelda Staunton is 'frightened' to play a recent version of Queen Elizabeth because viewers will be more critical**
Nervous

▶ **Pregnant EastEnders star Louisa Lytton tenderly cups her baby bump as she stuns in a floral maxi dress on a dog walk**

▶ **Anson Boon looks unrecognisable as he transforms into Johnny Rotten and joins smoking co-star Thomas Brodie-Sangster on set of Sex Pistols drama**

▶ **Kay Burley DENIES she is about to leave Sky News permanently despite deleting mention of broadcaster on her social media after her six-month suspension**

▶ **Lori Harvey flashes her toned midriff in crop top with leggings for hot Pilates session in West Hollywood**

▶ **'ITV just offered me my job back and I've decided to accept': Piers Morgan posts sarcastic April Fool's tweet in dig at Good Morning Britain**

Michelle Obama talks 'sisterhood and



▶ leadership' with group of London schoolgirls she first met in 2009 during hour-long virtual reunion

▶ Diane Keaton, 75, looks drastically different as she sports a long wig, boyfriend shirt and thigh high snakeskin boots to film Mack & Rita

▶ 'Coming soon': Lewis Hamilton hints that he's launching a clothing line as he sports a personalised T-shirt with a picture of HIMSELF as a toddler

▶ MAFS Australia's Martha Kalifatidis looks chic in a plunging green shirt as she gets glammed up to film Red Wine Moments with beau Michael Brunelli

▶ Zayn Malik's sister Safaa reveals her pregnancy announcement was an April Fool's joke after convincing fans she was expecting her second child

▶ JANET STREET-PORTER: If you don't want to spoil my walk in the countryside this weekend please DON'T smile and say hello - and don't leave a mess behind

▶ Gail Porter reveals she was turned down for First Dates and candidly reflects on her mental health, losing her hair and being homeless as she turns 50

▶ Prince Andrew is seen riding in Windsor with female groom amid pressure for him to speak to the FBI after Ghislaine Maxwell is hit with TWO new charges

▶ Gemma Collins is selling her old size 22-30 clothing on Depop after shedding an impressive 3st with daily workouts

▶ Jessie J sends temperatures soaring as she poses NAKED in new sizzling snap to mark turning 33



▶ Amelia Gray Hamlin is a seaside stunner as she models a slinky black bikini... amid rumors she is 'planning on moving in' with beau Scott Disick

▶ Victoria's Secret model Joy Corrigan puts on a showstopping display in a billowing pink gown and killer heels on photoshoot in Beverly Hills

▶ Hilary Duff enjoys a day in the park with her youngest kids as she boasts about being 'so grateful' for her family

▶ Queen of diplomatic dressing! Her Majesty chose a floral brooch given to her by Australia's PM to mark centenary of the Royal Australian Air Force

▶ Natalya Wright puts on a racy display as she protects her modesty in a plunging dressing gown for new sultry snaps

▶ 'Create your own sunshine baby': Chloe Ferry displays her cleavage in a tiny blue Dior bikini as she enjoys Britain's spring heatwave



▶ Queen's lady-in-waiting recalls Her Majesty 'looking frail and utterly alone' during her coronation - but says it was clear she had 'inner strength'

▶ Paloma Faith reveals she 'cries a lot' over her struggle to breastfeed newborn daughter as she discusses postpartum journey in candid post

▶ Gordon Ramsay shows off his impressive dance moves as he shakes his hips alongside daughter Tilly, 19, in hilarious TikTok video

GADGET REVIEWS

iPad Pro review: Apple takes the tablet to new heights (at a price)

Apple's new iPad is blazingly fast, gorgeous to look at, and quite simply the best tablet out there - and for a lot of people, probably the best computer out there.

43 comments 1 video

The small smart display with big potential: Google Home Hub review

Google is late to the game with its Home Hub, but the low price and AI features make it a great choice for controlling your home, showing pictures and even helping run your life.

1 comment 2 videos

'Good enough for most people': iPhone XR review

On one hand, the XR lacks the high-resolution screen and dual-lens camera on the XS. but it is \$250 cheaper and still get most of the other cutting-edge features found on the more expensive model.

195 comments 1 video

The Pixel 3 outsmarts the iPhone (IF you trust Google with all your information)

AI seems to permeate every part of its software, from the ability to answer calls for you to being able to almost perfectly predict your morning commute.

comments 1 video

Bigger and better in every way: Apple's XS really does take the iPhone to the next level

Apple's new iPhone XS and XS go on sale on Friday - and the biggest handset Apple has ever made is also its best (and possibly unsurprisingly, its most expensive)

24 comments 1 video

The \$250 beauty device that works like 'Photoshop for your face'

Israeli beauty-tech firm Pollogen has launched its Geneo Personal device, which stimulates oxygen from beneath the skin's surface to give you a clearer, fresher face within minutes.

19 comments 1 video

iOS 12 review: The update that really will improve your iPhone

Rather than cram in a plethora of new features, Apple's latest update is about boosting stability, with improvements in everything from FaceID and battery life.

211 comments 2 videos

Naim Atom: The hifi that will change the way you listen to music

It's eye-wateringly expensive at \$2,999, but Naim's Uniti Atom is a revelation, an integrated amplifier that makes it easy to stream music at a quality you've probably never heard before.

comments

The \$1,000 wireless speaker that really IS worth the price: Naim Mu-so Qb review

Naim's incredible Mu-So Qb takes you back to the good old days - where the music captivates and enralls, rather than simply being something in the background.

comments1 video

The hi-tech \$2,000 spin bike that really could change your life

Peloton's hi-tech bike lets you stream live and on demand rides to your home - and it's one of the best examples of fitness technology out there - at a price.







comments1 video

The best all in one wireless speaker you'll ever hear: Naim Mu-so review

It might not be a name familiar to the US market, but Naim is a legendary British brand hoping to make a splash with the American launch of its \$1499 Mu:So speaker.

3 comments1 video

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