

# HOW TO OPTIMIZE STUDYING IN TWO STEPS

## Focus

**ACETYLCHOLINE** is a essential chemical that is released when degree of focus is increased (the more the better)



- It initiates the learning process and marks particular neurons for potential change later

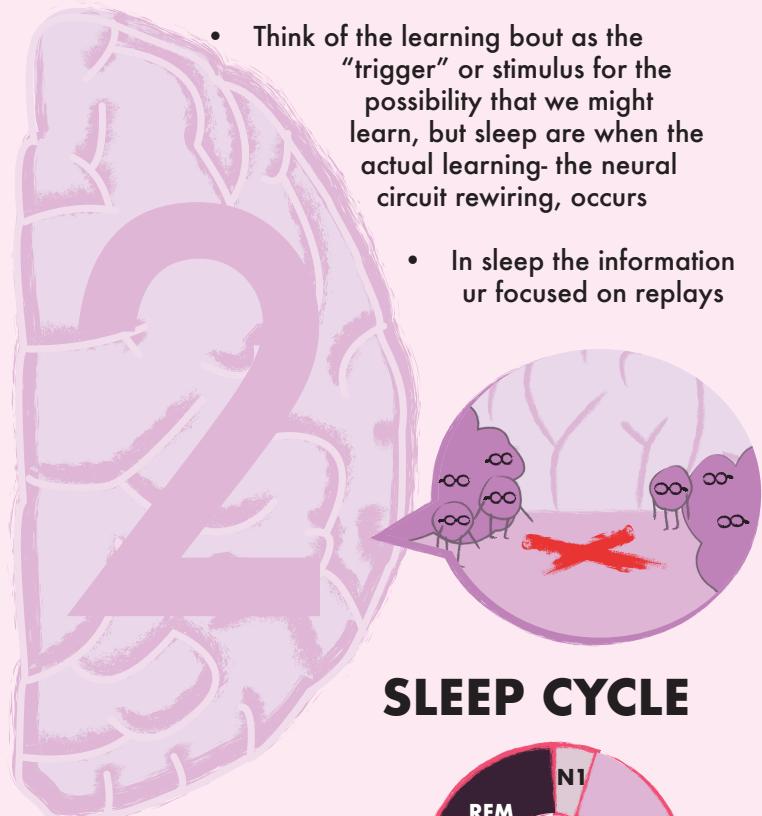
## INCREASE FOCUS BY

- Perform the maximum number of repetition
- Work to repeat the process a bit faster than is reflexive for you
- Except & Embrace Errors
- 90 minutes is about the longest period we can expect to maintain intense focus

## Ebbinghaus's Forgetting Curve

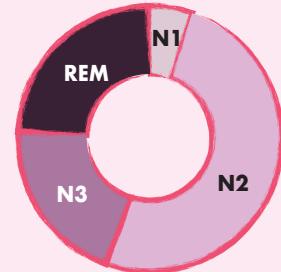


**SLEEP** for the night is the most powerful to in rewiring the nervous system



- Think of the learning bout as the "trigger" or stimulus for the possibility that we might learn, but sleep are when the actual learning- the neural circuit rewiring, occurs
- In sleep the information is focused on replays

## SLEEP CYCLE



- REM and N3 stages of sleep essential for learning
- Sleep within 4 hours after triggering learning will boost learning and make the brain rewire

If you repeat information more often in the first few days, it'll stick longer in your brain

## Using the 7-3-2-1 method

- What you should do is to review
- Today (1)
- Tomorrow (2)
- 3rd day from your first read (3)
- 7th day from your first reading (7)