



# GETTING AHEAD WITH EXAMS IN 22

## HAVE A GOOD BREAKFAST

Our brains require a lot of energy, especially in periods of long concentration, so breakfast is important to fuel our brains for the day ahead and help you to perform, focusing on slow release carbohydrates will provide sustained energy levels.



## STAY HYDRATED

If we become dehydrated it can affect how our brains work so making sure we regularly drink water can help us to focus. Try to avoid drinks high in caffeine and focus on drinking water, try keeping a water bottle on your desk so you can take regular sips.



## BALANCED MEALS

It is important to eat regular meals during the exam period to keep your energy levels up and having meals with family and friends helps to give a break from revision. Focus on having a balanced meal with slow release carbohydrates, protein and fruit and vegetables. Try to avoid reaching for sugary snacks when revising as these will give a temporary increase in energy followed by a lull in energy.



## GOOD SLEEP

Getting a good nights sleep can make it easier to concentrate the next day, aim to get between 7-9 hours a night and if possible have some screen free time to help get ready for sleep.

