

Step 1: adequate sleep and exercise



On the following pages, you will learn a lot about how you can learn and work better. However, all the tips and tricks will help you little, if you are constantly fatigued or run-down. The four recipes on this and the next page will show you aspects that are critically important and an indispensable prerequisite for success in school.

Adequate sleep

TIP

Go to bed early every evening and turn off the light at the same time (10PM at the latest). Sleep at least 8 hours.

You will only be able to really concentrate in school and in performing your assignments if you are well rested. If you feel tired and run-down, you learn and work poorly or not at all. Therefore, please make sure that you go to bed at the same time every evening and that you get at least eight (8–10) hours of sleep. Turn off the light at 10PM at the very latest!

Exercise

TIP

Actively exercise as much as possible every day. Before you go to sleep, think about what you have done for your body that day, and what you will do tomorrow.

People today sit far too much (in school, in front of the tv ...) and exercise too little. Small wonder that there are so many overweight people! The lack of exercise makes us sleepy and is harmful for our bodies and our brains. Make sure that you engage in sports and otherwise get as much exercise as possible: playing outdoors, walking, physical exercises at home.



Exercise 1

Take a sheet of paper and write the title: «Sleep and physical exercise». On the next line, write today's date. On the line below enter: «Physical exercise today:... » (and indicate what exercises you engaged in and for how long). On the next line, record: «lights out at.....PM». Fill out the page in the evening today and for the next 10–14 days. Make sure that you always turn the lights out at the same time!