

# Keep Calm and Study On

Make the best use of your time during your final study push! Brute force cramming is not the answer. Prioritize your well-being and study smart. Below is a timeline to help you bring your best to your exam.

## 12-6 weeks prior

- Clean up your sleep hygiene. Create a bedtime routine.
- Incorporate elaboration strategies into your study practices.

## 4 weeks prior

- Conduct a simulated test-taking experience then review and reflect on your performance.
- Clear your schedule for three days: the day before the exam, the exam day, the day following the exam. Plan to do only required human activities on these three days.
- Practice the physiological sigh: two inhales through nose followed by an extended exhale through mouth ([Dr. Andrew Huberman's video](#) further explains)

## 1 week prior

- Plan and prepare healthy food you'll want to eat for the week.
- Communicate to family and friends about how they can support you before and after the exam.
- Make a plan for the post-test come down – don't plan any big trips or projects.

## 1 day prior

- Review testing requirements and collect all your test-taking necessities into a bag. The goal is to reduce anxiety and eliminate any last-minute rummaging through your house.
- Reduce distractions for tomorrow: pick out comfy clothes, map your route to the testing center, prep a healthy breakfast.
- Attend to your physical needs: use the physiological sigh as needed, eat healthy food, move your body, set (and keep) a bedtime.

## Day of

- Attend to your physical needs: eat healthy food, move your body, reduce distractions.
- Stay away from your phone, email, and social media until after your exam.
- If anxiety starts building – use the physiological sigh.
- Rock your exam!
- Afterward, let down: take a nap, scream into the void, run 5 miles...do something to shake off the nerves and recharge.

## Day after

- Be gentle with yourself.
- Reconnect with friends and family. Let them know what you need.
- Slowly begin returning to “regularly scheduled programming”.

## Resources

[Huberman Lab's Toolkit for Sleep](#)

[Huberman Lab's Tools for Managing Stress & Anxiety](#)

Take a deep breath. You've got this!