

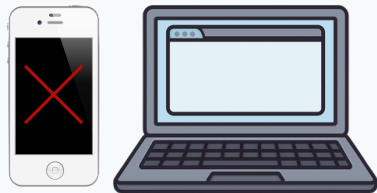
Screen time and studying: effective strategies

Study intensely



Pomodoro Technique

Work for 25 minutes without interruption, then take a 5-minute break.



Distraction-free environment

Keep your phone out of sight. Only open one essential tab on your browser.

Quality breaks

Walk, stretch, or talk instead of looking at a screen.



Preserve your energy

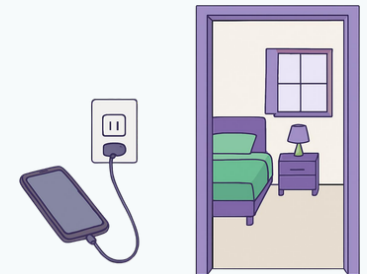


Sleep is the priority

Avoid screens 60 minutes before bedtime. Good sleep helps with memory.

No-phone zone

Recharge your devices outside the bedroom for complete rest or put them in silent mode.



Stress management

Practice slow breathing or listen to music without a screen.