

# How Many Hours Should You Study In A Day?

*It's all about finding a sustainable balance with the rest of your life:*

## 5-15 min?

*Great for spaced retrieval practice (flashcards!) & for learners struggling with their study routine*

## 1-2 hours?

*Most common for students fitting effective studying around their other demanding commitments!*

## 3-4 hours?

*The max available around full-time school or work – make sure to study smarter, not harder!*



**How much  
studying per day  
is right for YOU?**

## 5-8 hours?

*Great for students able to dedicate to full-time revision before exams: you'll need plenty of breaks*

## 9-10 hours?

*ONLY works for a short, intense pre-exam period of revising and requires plenty of time off*

## More?

**Nope!** *Too much studying leads to exhaustion, burnout ... and failing grades*



## More Hours In My Day

**JA Banks**

**More Hours In My Day:**

## **More Hours In My Day** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**More Hours In My Day**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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