

10 Tips On How To Study While You're Sick



It can be stressful to study for exams while you are sick. Follow these steps to help yourself recover without missing out on valuable exam preparation.



Pay the doctor a visit to determine the root cause of sickness and get medicine



Take the medication at the prescribed times



Drink plenty of fluids throughout the day to stay hydrated



Create a clean, comfortable study environment, but avoid your bed while studying



Do undemanding work that does not strain your eyes or brain (e.g. solve past papers rather than memorizing information)



Eat light and comforting snacks/meals in between study sessions, such as soup, oatmeal, yogurt, etc...



Get enough rest in between small study sessions (e.g. study one hour then rest)



Have a cup of coffee or tea during your exam preparation, but don't overdo it



Crack open a window while you study to get some fresh air



Don't overwork yourself. If you feel too unwell during your study session, then it's ok to take some rest until you're well again.