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Thread: [How often should I take breaks when I study?](#)

Vagues - February 5, 2020, 11:37 am

For my finals I usually did, one 15 minute break every hour, and then a 30 minute break every two hours. Which worked okay, but sometimes at the end of the hour I felt like I was slacking off and losing my attention?

Do you guys have any break techniques that work for you? Even better, if they're backed with some research.

Trident34 - February 5, 2020, 12:14 pm

Try doing a break every hour for 10 minutes, that way you're not taking 1/4 of the hour by taking a break, rather 1/6 and you should hopefully feel better. Also sometimes it helps to go step outside after about 2/3 hours and recollect your mind so you don't go insane.

Goodluck!

XperienceMe - March 6, 2020, 4:27 am

One hour after every 3 hours.

Scrooge26 - March 6, 2020, 8:30 am

I personally get through a section of whatever I am doing no matter how long it takes before I take a break. If it's a shorter section I'll keep going and in longer sections I'll break in the middle. Doing this helps me focus a lot longer on the task at hand.

Prawnster - March 6, 2020, 8:41 am

An old friend taught me a technique called "Pomodoro" which is what I use most of the time when working on things.

Pomodoro broken down is basically just:

- Split work into 4 chunks @ 25 mins each.
- After each 25 minute chunk, take a 5 minute break.
- After each set of 4 chunks, take a 15-25 minute break.
- Repeat above steps.

For me, this worked great with things like studying or coding in my personal time as it gave me time to digest the information I had just taken in as well as allowing me "procrastination periods" that are only allowed to last a set period of time before its time to work again. At the end of the day, this technique will require a certain level of self-discipline but its worth getting into that routine as this has proven to boost my productivity massively in a variety of things.

no_one - March 8, 2020, 10:48 am

take breaks when you feel you can't focus on your work. For example, I take breaks at every 1 or 2 hours of study and when I am at work, at 5-6 hours because I have no time

bvss12 - April 26, 2020, 10:56 am

25 min and break of 5, That's how I do it and it's worked out really well for me.

ships20221 - June 5, 2023, 8:22 am

10-15 Minutes of Break is Necessary.. OR You can follow Promodoro Method of Studying.

rt_gamer - *August 3, 2023, 10:15 am*

I think every 20-30 minutes.