

Headline Collage

Late-Night Cramming Linked to Lower Exam Scores,
New Study Finds

**STUDY SHOWS 8 HOURS OF SLEEP PER NIGHT
BOOSTS MATH TEST PERFORMANCE BY 20%**

High School Students Who Eat Breakfast
Achieve Higher Grades, Research Reveals

**Exercise Before Class Improves Attention Span and
Academic Results, Study Says**

Research Highlights Importance of Regular Study
Schedules for Academic Success

**Use of Social Media During Study Sessions
Reduces Learning Efficiency**

Listening to Music with Lyrics During Study Sessions
Negatively Impacts Memory Retention, New Study Claims

**Frequent Short Study Breaks Enhance Learning
and Retention, Researchers Discover**