**Theta brainwaves lock in learning**

Wish you could study while you sleep? Well, in a way you can! Quantum learners want all the advantages they can get from the way their brain naturally works. Brain researchers have learned that we process our thoughts and learnings during the night and that our brains focus on the thoughts we had closest to falling asleep. Their experience with students tells us that if students study, then watch TV, play video games, etc., these activities interfere with the brain’s ability to lock in what they studied.

If, instead, students take a quick scan of their school-work before falling asleep, it can make a big difference in what they remember and their understanding of what they studied. Teachers even say that test scores go up when students scan their studies just before they go to sleep.

We call this the Theta Scan because it’s happening during your theta brainwave activity time – a reminder to scan your studies last to get the full benefit of all the time you put in already. Try out the Theta Scan to get extra hours of your brain focusing on your studies.

As a quantum learner, you know about your learning zone and how to take on challenges, and you are aware of the power of your attitude, beliefs and self-image. You also know how to focus your concentration, but it takes commitment to get the value out of all of your learning energy.