dual-planed learning
LIGHTING:
The best lighting for reading/studying is low to moderate levels of natural lighting. The second best choice is full-spectrum fluorescent or incandescent lighting. Indirect lighting is best, since it keeps eye fatigue lowest.

MUSIC:
Low levels of Baroque music have been found to alter physiological states enough to induce relaxed alertness.

SETTING:
Choose a chair that does not promote drowsiness. Avoid couches, beds, and soft chairs—studying is hard enough without the temptation of falling asleep. Don’t forget to change your position and get up and stretch now and then!