

# The Night Before the SATs

## TOP 4 TIPS

### **Don't Cram.**

You should not be studying any new material! You can certainly review SAT math formulas you intend to use and recommended SAT approaches, but do not cram new information into your brain!

### **Pack Your Bag**

Even if you usually grab your things as you run out the door in the morning, the night before the SAT is different. Have everything ready the night before so you can spend the next morning eating a healthy breakfast and reading a book or article to wake up your brain.

### **Set Your Alarms**

Sure, one alarm is good, but why not set three? You can use your phone, an alarm clock, and a helpful person or pet. It's hard to stay asleep if someone is dragging you out of bed by your toes.

### **Sleep and Eat Well.**

You don't want to go to bed too early since staring at the ceiling won't help, but you do want to get at least eight hours of sleep if possible. Also, a healthy dinner and breakfast can help you feel your best.