

- Caitlin Copa, OMS-2: Maintaining Balance in Medical School
 - Make a list of non-negotiables.
 - Examples include working out, doing skincare, planning dinnertime, etc.
 - Figure out what time of day works best for you for studying.
 - Dependent on when you feel most focused, your sleep schedule, etc.
 - Stack as many things as you can at once - multitask!
 - Examples include walking while doing Anki or listening to a lecture, etc.
 - Do not compromise sleep!
 - According to Caitlin, this is the most important tip!
 - There are so many health benefits to prioritizing sleep.
 - Being sleep-deprived sets you up for failure.
 - Keep your sleep schedule consistent.
 - Get comfortable shutting off your laptop even when you feel that you are not done.
 - You will never be able to get through five passes of the material!
 - There is only so much you can do.