

### **PRODUCTIVITY TIP - Chewing Gum? (from John Sanpietro)**

You're not going to believe this, but according to studies, **chewing gum can increase your productivity!**

Apparently, chewing gum has incredible effects:

#### **Speeds up reaction time.**

Chewing gum has been found to speed up your performance by up to 10 percent.

#### **Boosts cognitive abilities.**

A study of 150 students at St. Lawrence University found that those who were given gum to chew prior to taking a series of tests scored higher than those who chewed gum during the tests or not at all. They believe this increase in performance is because chewing wakes up the brain, making people more prepared to think through complex problems.

#### **Combats sleepiness.**

In a Coventry University study, participants who chewed gum during the day reported they felt less sleepy. The students were given physiological tests which confirmed that chewing gum does in fact make your body more alert.

#### **Reduces stress.**

In that same study, students who chewed gum while multitasking rated their feelings of stress and anxiety lower than when they did not chew gum, and tests showed they had lower levels of the stress hormone, cortisol.

### **PRODUCTIVITY TIP - Chewing Gum? (from John Sanpietro)**

You're not going to believe this, but according to studies, **chewing gum can increase your productivity!**

Apparently, chewing gum has incredible effects:

#### **Speeds up reaction time.**

Chewing gum has been found to speed up your performance by up to 10 percent.

#### **Boosts cognitive abilities.**

A study of 150 students at St. Lawrence University found that those who were given gum to chew prior to taking a series of tests scored higher than those who chewed gum during the tests or not at all. They believe this increase in performance is because chewing wakes up the brain, making people more prepared to think through complex problems.

#### **Combats sleepiness.**

In a Coventry University study, participants who chewed gum during the day reported they felt less sleepy. The students were given physiological tests which confirmed that chewing gum does in fact make your body more alert.

#### **Reduces stress.**

In that same study, students who chewed gum while multitasking rated their feelings of stress and anxiety lower than when they did not chew gum, and tests showed they had lower levels of the stress hormone, cortisol.