

*Boost Your Brain:*

## 7 SIMPLE HABITS TO SHARPEN FOCUS + MEMORY

Small, consistent changes can make a big impact on clarity, energy, and mental performance.

*Start with these brain-loving habits below:*



### Move Your Body

Daily movement boosts blood flow to the brain and sharpens mental focus.



### Eat Brain Food

Omega-3s, leafy greens & berries nourish neurons and protect memory.



### Prioritize Quality Sleep

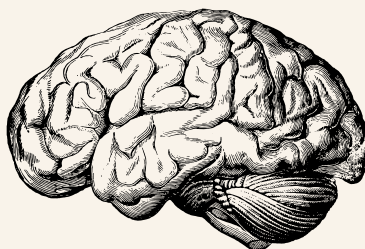
Deep sleep clears brain waste, consolidates memory, and restores energy.



### Practice Mindfulness

Even 5 minutes a day of stillness can reduce stress and improve attention.

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### Try the Muse Headband

Biofeedback tech that helps guide you into deep, restorative meditation.



### Stay Hydrated + Boost Magnesium

Dehydration and low magnesium can disrupt mood, focus, and sleep.



### Use BrainHQ

This science-backed app trains memory, attention, and processing speed.

**Want a deeper dive into brain health?**

Check out our article with supplement tips, exercise hacks & expert tools.

*Read the Blog Post*