

Smart Pill for Boosting Electronics Design Performance

Source: <http://sci.tech-archive.net/Archive/sci.electronics.design/2007-01/msg02898.html>

- *From:* D from BC <myrealaddress@xxxxxxxxxx>
 - *Date:* Thu, 18 Jan 2007 20:08:26 GMT
-

There is no smart pill...if so ...

I'll pop one to figure out if I should take more. :)

.....

There's some very intelligent people on here and I wonder if it's partly due to lifestyle...

Are electronic designers getting exercise and eating "mentally" healthy foods to stay mentally sharp?

Also....

I did some reading long ago on attention span... IIRC it matches the duration of TV shows..about 45 minutes.

I sometimes hack on the same circuit for hours.. But I have to wonder about my mental performance during those hours...

Maybe it was best during the first 45minutes?

How do you stay sharp?

D from BC

.