

Model Study Timetable for IAS Aspirants:

Time	What to do?	How & Why
5:00 AM	Wake up	Early risers stand a lot to gain!
5:00 – 6:00 AM	Morning routine, tea/green tea, Yoga/light exercise	Early morning exercise helps blood circulation, improves concentration.
6:00 – 6:15 AM	Bath	Helps you shake off the drowsiness.
6:15 – 7:45 AM	Read newspaper.	Devote some time for this as you will need to make notes.
7:45 – 8:30 AM	Breakfast (+ Reach Coaching class/college)	Have a healthy and filling breakfast (has to keep you going for the day). If you don't have to travel, use that time for studying.
8:30 – 11:00 AM	Study Time	Start with revising what you learnt the previous day. Then, take up the topics that you feel are most tough for you since your mind is fresh and can absorb a lot.
11:00 – 11:30 AM	Break Time	Take a break to refresh and recharge.
11:30 AM – 1:30 PM	Study Time	Resume your studies.
1:30 – 2:30 PM	Lunch	Pack in a light lunch. It is better to avoid a daytime siesta.
2:30 – 5:00 PM	Study Time	Continue studies.
5:00 – 7:30 PM	Reach home + Tea/Snacks + Refresh (play/gym/chat with people)	Have your tea/coffee. Meet positive people. Play or move around. Hit the gym if you are in the habit. If you are not traveling, all the more time for you to study!
7:30 – 9:00 PM	Study Time	Your last phase of studies for the day. Make sure to take up lighter topics since you would be feeling a bit drained.

9:00 – 9:30 PM	Supper	Supper should be the lightest meal if you want to get a goodnight's sleep.
9:30 – 10:00 PM	Watch news/discussions	Watch quality news discussions on UPSC-relevant issues.
10:00 – 10:30 PM	Unwind (no TV)	Half an hour before sleep, avoid TV. Don't think of studies. Relax. Listen to soothing music if you like. Talk to your family or friends.
10:30 PM	Hit the bed	Get a nice sleep as you have to be up and ready for the next day!