



DEFINING THE BUSINESS OF WATER

Does staying hydrated help you work and learn better?

We know that regularly consuming water can help to keep our bodies healthy, but can simply drinking water make us learn better and become more productive?



“...the better hydrated group performed 14% quicker in subsequent cognitive tests.”

Research has found that a person's brain is better able to focus on tasks after that person has had enough water to drink. The trial involved researchers testing two groups of people after eating a meal, with only one of the groups permitted to drink water with their meal. They found that the better hydrated group performed 14% quicker in subsequent cognitive tests.¹



1 - Study by the University of East London
2 - Study by the Universities of East London and Westminster
3 - www.royaldoultonwaterfilter.com

Furthermore, researchers have shown that students who take water into examinations may improve their grades, with studies finding that students who consumed water during their exam scored an average of 5% higher than those who didn't.²

Just like other organs in the body, the brain needs fuel to function effectively, and the fuel it requires is water. To function at its peak, our brains depend on having a regular supply of water. When fully hydrated, the exchange of nutrients and toxins within the brain is highly efficient, with the result being better concentration and greater mental alertness. However, our brain doesn't have a storage tank, so for optimal brain function it needs to be fuelled regularly. When the brain is functioning on a full reserve of water and is being topped up frequently, we are able to think faster, be more focused, and experience greater clarity and creativity.

When your body loses more water than you are replacing, dehydration will begin and brain function will be affected. Studies have shown that if you are only 1% dehydrated, you will likely have a 5% decrease in cognitive function.³ A reduction of 2% could cause further confusion, problems with focusing and difficulty with simple mental exercises such as adding or multiplying numbers.

Research has also shown that prolonged dehydration causes brain cells to shrink in size and mass.³ This happens as we age too, so it's important that older people stay well hydrated.

Young people also need to stay hydrated, especially at school where they need to concentrate, stay focused and be able to follow instructions. Encouraging them to have a glass of water after their lunch and again at break-time can bring huge benefits. And keeping water levels up when they arrive home is equally important. Even a glass of water when they do their homework can help their brains work effectively.

“...our brains depend on having a regular supply of water.”

In addition to impaired attention span, even mild dehydration can negatively affect memory functions, motor skills and mood. What's more, increased fatigue, sleep issues and headaches can all be linked to reduced water intake.

So, the advice is clear: For a healthy body, healthy mind and the ability to perform at your best, keep your hydration levels high.

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