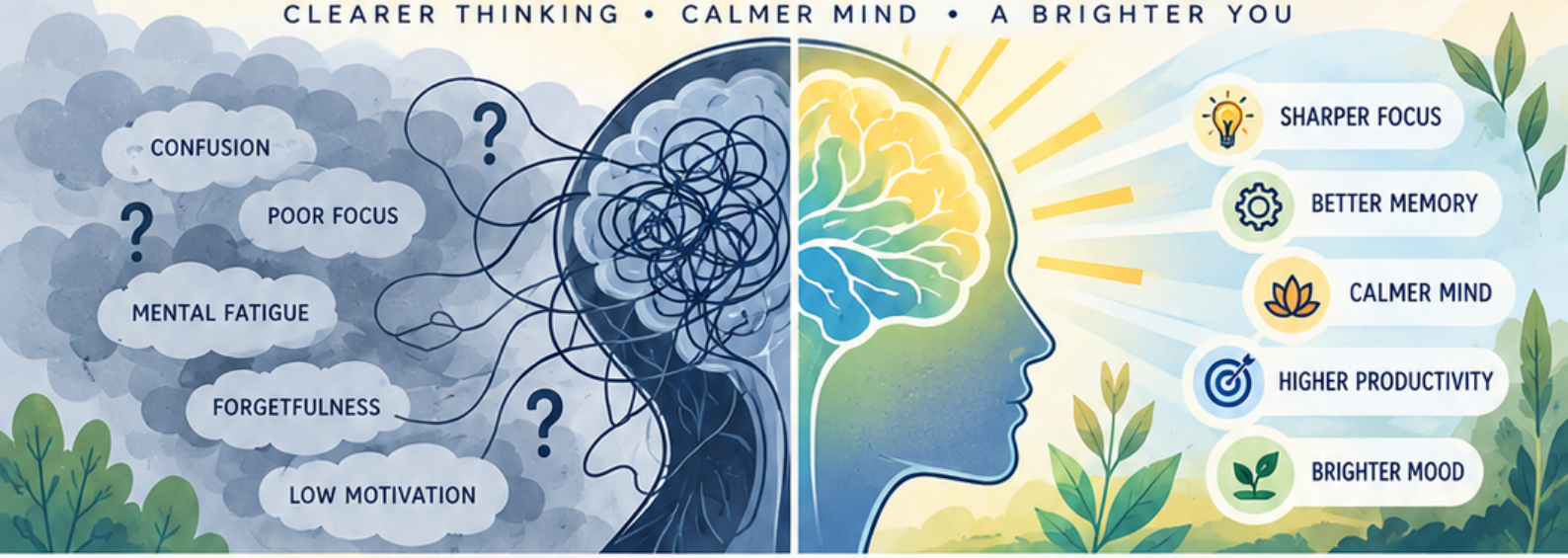
MINDTHEORY

UNDERSTAND MIND. LIVE BETTER.

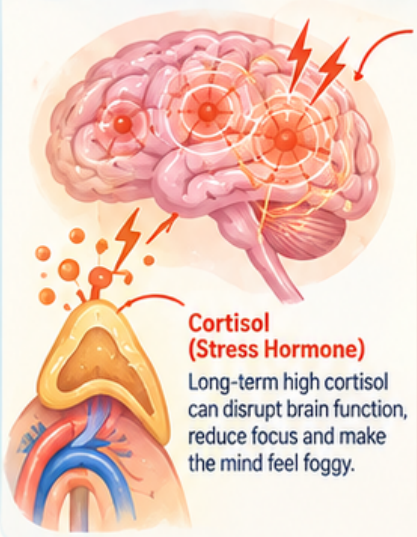
Brain Fog: Restoring Mental Clarity

CLEARER THINKING • CALMER MIND • A BRIGHTER YOU



1 The Biology

Neuroinflammation & Cortisol



Neuroinflammation

Chronic stress, poor sleep, processed food and toxins can trigger inflammation in the brain, affecting thinking and memory.

Cortisol (Stress Hormone)

Long-term high cortisol can disrupt brain function, reduce focus and make the mind feel foggy.

Impact on the Brain

- Slower thinking
- Memory lapses
- Mental tiredness
- Lower motivation

2 Sleep & Glymphatic Clearance

Your Brain's Nightly Cleanup



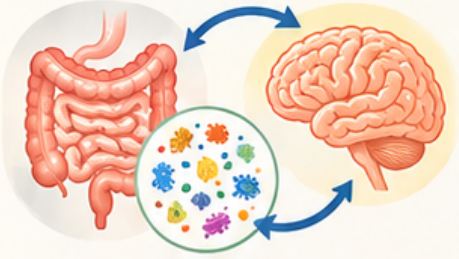
During deep sleep, the glymphatic system helps clear waste products and toxins from the brain. Poor or irregular sleep can reduce this cleanup process, leading to mental fog and slower thinking.

Tips for Better Sleep

- Consistent sleep schedule
- 7–9 hours quality sleep
- Limit screens before bed
- Calm bedtime routine

3 Gut-Brain Axis

A Two-Way Connection



Your gut and brain constantly communicate through nerves, hormones and immune signals. An imbalanced gut microbiome can increase inflammation, affect mood and contribute to brain fog.

Support a Healthy Gut

- Eat fibre-rich foods
- Include probiotic foods
- Limit ultra-processed foods
- Stay hydrated

4 Practical Actions Checklist

Simple Daily Habits for a Clearer Mind

Digital Sundown

Reduce screen time 1–2 hours before bed to support better sleep and a calmer mind.

Single-Tasking

Focus on one task at a time to improve attention, reduce mental clutter and get more done with less stress.

Anti-Inflammatory Diet

Choose whole foods, colourful fruits and vegetables, healthy fats and limit processed foods to support brain health.

Zone-2 Movement

Gentle, steady exercise (like brisk walking, cycling or swimming) for 20–40 minutes helps improve blood flow, reduce inflammation and boost mental clarity.

A CLEARER MIND LEADS TO
A BRIGHTER LIFE