

The Pomodoro Technique

A time management method from the late 1980s that splits work into 25-minute intervals with short breaks in between.

Five steps in one Pomodoro cycle

01

Decide

Pick the task and put it on your To Do Today list.

02

Set timer

Wind a timer for 25 minutes. That interval is one pomodoro.

03

Work

Focus on the task. A pomodoro is indivisible, so log interruptions and postpone them.

04

Short break

When it rings, rest for 5 to 10 minutes and record the pomodoro.

05

Long break

After four pomodori, take 20 to 30 minutes off, then start again.

PART ONE

01

→ EVIDENCE

Evidence.

Does a ticking tomato really beat studying until you feel tired? Two studies weigh in.

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- WHAT THE RESEARCH SAYS

25 Pomodoro
students vs 35 self-
paced: the self-
paced group
studied longer, then
reported **more
fatigue.**

A 2025 review found
timed breaks

END OF LESSON 01

**Done.
Set a timer.
25 minutes.**

BASED ON
[EN.WIKIPEDIA.ORG/WIKI/POMODORO_TECHNIQUE](https://en.wikipedia.org/wiki/Pomodoro_Technique)

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