

Sleep on It

When you learn something new, the best way to remember it is to get some sleep.

Sleep well before learning. Lack of sleep can cut learning ability by up to 40%.

Get a full night of sleep after learning to strengthen new memories.

Get enough each night—7 to 8 hours for most adults. Memories won't be strengthened with 4 hours or less of nighttime sleep.

A 90-minute nap can strengthen memories.

www.welcoa.org



For more wellness tips and learning, visit the Health Library at: livingwell.provantonline.com under the reference tab.

This website is available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants