

TIP OF THE WEEK



Sleep on it.

When you learn something new, the best way to remember it is to get some sleep. Take these steps to help:

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

Get a full night's rest after learning to strengthen new memories.

Get enough sleep 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.


LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM