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.**

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