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Get enough sleep! Short naps can recover energy. Longer naps (60+ minutes) can enter the phase of sleep where memory... Space out your practice. Done properly, you can get the same memory strength with 20-30% less time by spacing properly.

The Complete Guide to Memory | Scott H Young

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The answer is something psychologists call working memory. Unlike long-term memory, which I've covered in-depth here, working memory isn't about remembering the past. Instead, it's about holding together the present in your mind so you can learn, make decisions and solve problems. Working memory is essentially your mental bandwidth.

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Working Memory: A Complete Guide to How Your Brain ...

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The Complete Guide to Memory serves to provide a one-stop resource that covers the essentials on memory. In partnership with Brain World magazine, New York Times bestselling author Ilchi Lee addresses the following topics in detail, stemming from decades of his own self-training experience:

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