## Sleep on It

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

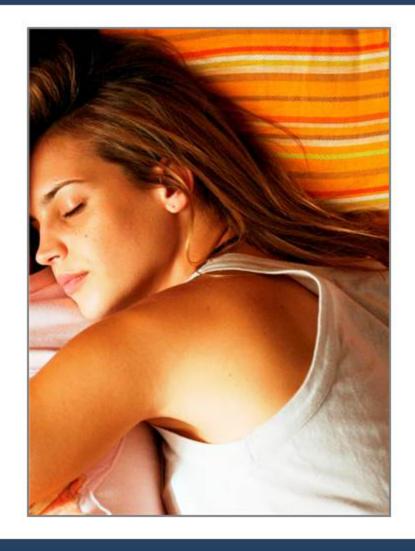
**Sleep well before learning**. Lack of sleep can cut learning ability by up to 40%.

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

