

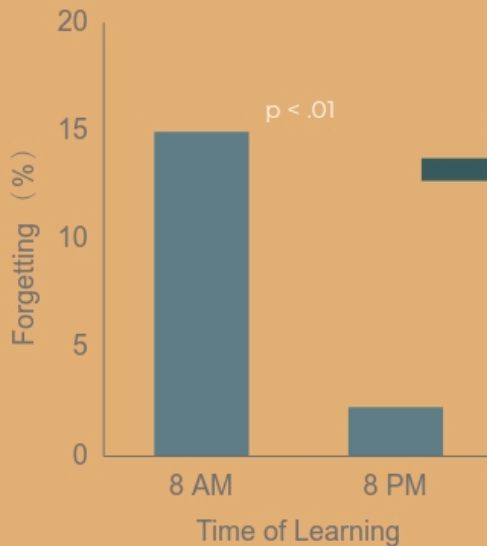
# Try to Memorize Something Important?



## Take a Nap!

1

The Effect of Time of Learning  
in Forgetting Rate



Sleep after study helps  
with memory retention

8 AM Group : Stay Awake after Learning

VS

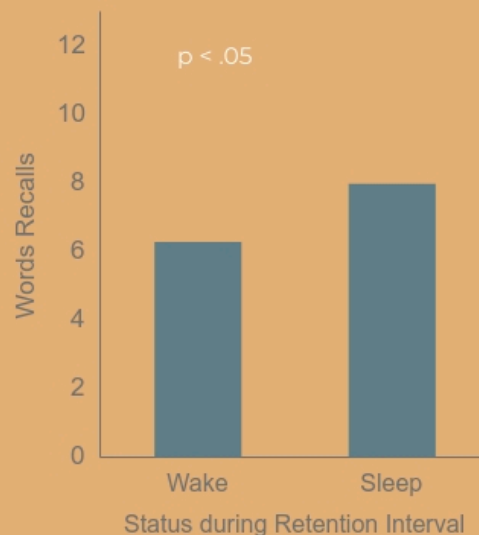
8 PM Group: Sleep after Learning

Causal: The 8 PM  
(Sleep)Group Forgot **Less**

## 2 60-mins Sleep is Enough to Promote Memory

Causal Participants who took a  
nap for **only 60 mins** recalled  
more words.

Number of words recalled after  
60-min retention Interval filled  
with napping or waking



## Take a Nap Now!

References:

<https://tinyurl.com/xe42fr7k>

<https://tinyurl.com/t7pb2f6z>

Author: Jingyi Mou

Poster: <https://tinyurl.com/3f6e96hr>

