Sleep and Learning Ability!

Sleeping has many physical health benefits, but it also greatly improves your memory and learning ability. Low-quality sleep impacts one’s ability to focus and mood, which both have negative outcomes for the learning process.

The process of learning and remembering can be broken down into 3 parts:

1. Acquisition refers to the introduction of new information into the brain.
2. Consolidation represents the processes by which a memory becomes stable.
3. Recall refers to the ability to access the information after it has been stored.

Sleep deprived persons experience much greater difficulty in focusing, retaining information, and applying learned information to tasks, such as exams or essays. Healthy sleep has been linked to improvements in declarative memory (“what” we know – such as retaining a fact) and procedural memory (“how” to do something – such as playing an instrument). A full night of healthy sleep is more beneficial in preparing for an exam than an all-nighter of studying.

Healthy sleep is considered to be 7-8 hours of uninterrupted, comfortable, deep sleep. Napping during the day is also beneficial to one’s health. REM sleep and slow-wave (deep) sleep both play a role in improving memory and learning, so it is important to get your power naps AS WELL AS healthy sleep each night.

Source: http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/