Subject: Information Retainer
Posted by Zart on Mon, 12 Jul 2021 15:24:53 GMT
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It's incredible how music can help you retain information while you sleep if you play the same tune that you were listening to when you were studying. Music, in general, helps with improving memory, but learning about how it can also be applied during rest is so practical. If you're interested, I came to know about this through Dr. Huberman's podcast.