

---

Subject: Re: Information Retainer

Posted by [Zart](#) on Thu, 22 Jul 2021 07:49:20 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

You can look into the Huberman Lab podcast of episode 3, where the topic was about learning and optimizing sleep. I feel thankful for my senses after listening to that and knowing how I can maximize its use.

Strum Drum wrote on Tue, 13 July 2021 08:09: What's the name of the podcast, Zart? I used to listen to rainstorms while I studied in college, and I think it helped me retain some of my chemistry material. It's weird, but organic chemistry still pops into my head when it storms.

---