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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.

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Subject: Re: Information Retainer

Posted by [Strum Drum](#) on Tue, 13 Jul 2021 13:09:06 GMT

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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.

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Subject: Re: Information Retainer

Posted by [Souldude](#) on Thu, 15 Jul 2021 12:57:23 GMT

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In that sense, I wonder if being more sensitive to music will help you learn faster in your sleep since the person would hear more than your average listener. Knowing this, in general, is helpful enough for me because then I wouldn't have to consider a drug to learn better.

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Subject: Re: Information Retainer

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

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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.

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Subject: Re: Information Retainer

Posted by [Phonetic Ear](#) on Tue, 10 Aug 2021 06:47:27 GMT

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Maybe this is why I can memorize better from my notes when I sang what I was studying. The sounds kind of serve as a cue that made it easier to recall certain concepts and vocabulary. It calms my nerves, but it was also an efficient way to learn.

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Subject: Re: Information Retainer

Posted by [Spotifier](#) on Thu, 12 Aug 2021 05:18:02 GMT

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I'm not sure if this will apply to me because I get easily distracted when there's music in the background. Maybe if the song doesn't have lyrics, it can help with my learning. Otherwise, I might end up singing along without being able to study anything.

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