

# Boost Memory And Learning With The Science Of Sleep

Discover how getting enough quality sleep is essential for transforming new knowledge into lasting memories. Read the resource at: <https://bit.ly/HYBactivity3>

1. Your brain can hold between 4 and 9 pieces of information in your short-term memory at a time.
  - a. True
  - b. False
2. Long-term memories are eventually transferred from the hippocampus to which area of the brain?
  - a. Amygdala
  - b. Cortex
  - c. Cerebellum
  - d. Brain stem
3. Which of the following would be considered a long-term memory?
  - a. The name of a new classmate
  - b. The list of things you need to pack for vacation
  - c. The name of your Kindergarten teacher
  - d. A game code you learned 5 minutes ago
4. Remembering the name of your favorite TV show character is an example of:
  - a. Declarative (explicit) memory
  - b. Non-declarative (implicit) memory
5. What factor can influence whether a memory is stored or not?
  - a. The importance of the information
  - b. The emotional connection to the information
  - c. The repetition of the information
  - d. All of the above
6. Sleep does not affect your ability to learn or absorb new information.
  - a. True
  - b. False

7. Which of the following things happen during sleep?
  - a. Memories become stronger and more stable.
  - b. The brain is prepared for the formation of new memories.
  - c. New memories are linked to earlier memories.
  - d. All of the above
  
8. How many hours of sleep do teenagers typically need per night?
  - a. 6-8 hours
  - b. 8-10 hours
  - c. 10-14 hours
  - d. 4-6 hours
  
9. Which of the following is the most effective study habit?
  - a. Rereading and highlighting textbooks
  - b. Creating connections between new and old information
  - c. Studying for long periods without breaks
  - d. "Cramming" the night before an exam
  
10. Taking notes by hand can be more effective for building memories than typing on a laptop.
  - a. True
  - b. False

## Answer Key

1. A. True
2. B Cortex
3. C. The name of your Kindergarten teacher
4. A. Declarative (explicit) memory
5. D. All of the above
6. B. False
7. D. All of the above
8. B. 8-10 hours
9. B. Creating connections between new and old information
10. A. True