

Boost Your Memory By Resting Your Eyes After Learning

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Business Insider:

A new study suggests that a brief — even just a few minutes — bit of rest after learning something new can greatly improve your ability to remember it.

The new study was published in the journal *Psychological Science*.

“Our findings support the view that the formation of new memories is not completed within seconds,” researcher Michaela Dewar said in a statement from the journal. “Indeed our work demonstrates that activities that we are engaged in for the first few minutes after learning new information really affect how well we remember this information after a week.”

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