

Can't go anywhere without your sat-nav? You might be wiping out your memory

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The Daily Mail:

They are supposed to make getting around easier.

But over-reliance on sat-navs could leave us completely lost, a study has suggested.

Scientists think our memory for places is like a mental map which we have learnt from looking at a real map of where we live.

Researchers from the Max Planck Institute for Biological Cybernetics in Germany tested 26 residents of a town, all of whom had lived there for at least two years.

Read the whole story: [*The Daily Mail*](#)