

# The (Literally) Effortless Way to Learn Faster and Improve Your Memory, Backed by Science

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We all have things we [need to remember](#). A pitch. A presentation. Material for a test.

So you study. You read and re-read. And highlight. And re-read again. You devote what at least feel like endless hours to the [pursuit of knowledge](#) and recall.

And even if you do [manage to remember](#) what you needed to remember, still: The process of learning took way too much time and effort.

If that sounds like you — because it certainly sounds like me — science has the solution. According to a 2016 study published in *Psychological Science*, people who studied before bed, then slept, then did a quick review the next morning [not only spent less time studying, they also increased their long-term retention by 50 percent](#).

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