

‘Wakeful Resting’ More Effective Than Crosswords To Fight Memory Loss

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The Huffington Post:

While recent reports have suggested taking naps during the day could be a sign of impending dementia, mental refreshment does remain vital for cognitive health, report psychologists.

In an article to be published in the journal *Psychological Science*, psychological scientist Michaela Dewar and her colleagues show that memory can be boosted by taking a brief ‘wakeful rest’ after learning something verbally new and that memory lasts not just immediately but over a longer term.

“Our findings support the view that the formation of new memories is not completed within seconds,” says Dewar, in a statement.

“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.”

Read the whole story: [*The Huffington Post*](#)