

Want To Study More Effectively? Sleep Between Study Sessions

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The Huffington Post:

Scientists already knew that getting some decent shut-eye after studying helps to consolidate learning, but new research suggests that sleeping in between study sessions is even more effective.

“Our results suggest that interleaving sleep between practice sessions leads to a twofold advantage, reducing the time spent relearning and ensuring a much better long-term retention than practice alone,” explains psychological scientist Stephanie Mazza of the University of Lyon

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