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# ***IMPROVE YOUR MEMORY NOW***

## **Introduction**

Your brain works as a storage area that stores memory. There are actually two types of memory, short-term and long-term. In your brain, there are various kinds of memory that are stored. Since the brain is so enormous, it requires a system where the memory can be encoded and retrieved.

Your brain is required to get information very quickly, regardless of what it is. It doesn't matter whether the information is old or new. There are some times where the brain cannot retrieve the memory that is needed. Depending on the situation, it could be something that is not a big deal. On the other hand, it could be something that is massive.

There may have been times where you have gone to a strip mall and you don't remember where you parked your vehicle. Or you may have gone to the office products store and didn't remember what you were supposed to purchase. Maybe you encountered someone that you knew and forgot their name. That can be embarrassing.

If you were young when these memory lapses happened, then when you get in your 30s and 40s you may be approaching some senior moments or you may start to forget more. Within 20 years after that, you may be concerned about Alzheimer's disease.

However, this condition has started to creep up in people in their 30s. So it's not just limited to the senior citizen age group anymore.

It's a good idea to know how your brain operates in regard to your memory. Things such as the birth of your first child, your child's high school graduation—those are things that you will cherish forever.

Those are special moments and it's difficult to erase the memory. Even if they did not turn out the way you wanted it to, they were still moments that you will never have again with that child.

Memory is supposed to be about remembering things that have happened, remembering people, places and things. Memory is not something that you can see. You just know it's there inside of your brain. The important thing is that there is a place where you can store and retrieve information whenever you need to.

If you are looking to improve your memory, this guide provides some tips and tricks that you can use to start the process. As you utilize them, you can keep information in your memory bank without the embarrassment of forgetfulness.

## **Short And Long Term Memory**

Your memory is required to be stored in your brain, regardless of whether the information stays for a while or not. It's been said that there are three types of ways that memory can be sorted in the brain.

There is the sensory area; short-term memory and long-term memory. We don't have to hold on to everything that is stored in our brain. There is a section that acts as a protector so that you won't be bombarded with information overload that we consume on a regular basis.

With short-term memory, there is not much capacity. It only holds so much for no more than a half a minute. However, there may be a way to hold it for a little longer. If you divide the information into chunks, it could stay in your memory a little longer than usual. You can also repeat the information to keep the short-term memory going.

Information that is crucial goes to the long-term memory bank. It comes from the short-term memory. If you use the information repeatedly, it will probably go to the long-term memory side. That is where it will stay for a longer period of time.

When people know what the information is about, it can be easily stored. They feel that the information means a lot to them. They can relate to it and keep it stored in their long-term memory. People whose memory is average can remember lots of information about one thing.

In order for the information to get to the long-term memory bank, it will go through the sensory and the short-term memory first.

## **Eating A Healthy Diet**

Even though a healthy diet is good for your heart, it is also good for your mind. You should eat from all of the food groups. That would include:

- Fruits
- Vegetables

- Whole Grains
- Lean Meats (Poultry)
- Dairy products (2% or less milk)

You will still need water to flush down the food. Water is very important because it keeps you hydrated. Drinking alcohol will dehydrate you and cause you to forget things.

Don't rely on herbal supplements to provide you with the nutrients that you need to sustain your memory. There have not been any on the market that have proven to do so. A healthy diet is the best way for you to get all of the vitamins and minerals that you need.

You need a healthy brain not only to think, but to keep your memory intact. You need to eat foods that contain antioxidants, such as:

- Spinach
- Broccoli
- Blueberries

You should also include fish in your diet, such as:

- Cod
- Salmon
- Sardines (very efficient in improving your memory)
- Tuna

There are Omega-3 fatty acids in fish. Omega-3 fatty acids work to keep your brain functioning properly. Fish also contains healthy fats. These healthy fats can decrease the onset of dementia. Dementia is a form of a memory loss condition that can be devastating.

Foods that have folic acid (a B vitamin) are also good to eat. Folic acid has been known to help with the decrease in memory loss. You will find folic acid in foods such as:

- Fruits
- Leafy green vegetables
- Peas
- Dried beans
- Grain products
- Cereals
- Enriched breads

In addition to the above, you should have foods that contain protein, such as lean meats (chicken), eggs and peanut butter. Whatever the combination is, it should

be enough that provides you with enough calories so that you can have enough energy to be physically active.

Try to avoid foods that have a lot of saturated fats in them. They will cause your cholesterol level to go sky high. You can eat food that has unsaturated fats and polyunsaturated fats. These are better for your system.

It's been said that olive oil can stop older adults from losing their memory if it's included in what they eat. Olive oil contains monounsaturated fat. Their memory will stay intact. Plus, this kind of fat is better for them and other people to use.

It blends in with blood and heart vessels. You can get more oxygen and nutrients to your brain. Eventually, the cells would work to keep the memory solid.

It's important that blood flows continuously through the brain. Olive oil can protect the cells from being damaged and assist with the growth of them. Keep in mind that you should not consume an overload of calories or it can cause you to gain a lot of weight or become obese.

With vitamins, there are some that can help you to help your memory performance. One of those that you can take is B vitamins. If you are not taking this, your memory can suffer. Taking B vitamins has proven to improve your memory and your ability to remember things.

For older adults, they can eat cereals that contain B12. This will help them keep their memory intact. Otherwise, their mindset can go downhill. If you are a vegetarian, you can use the B vitamin as supplement for not having enough in their system. This is usually designed for vegetarians that don't eat fish, eggs or dairy products.

You can also take vitamins C and E to help your memory stay sharp. Both of these vitamins contain antioxidants that help to relieve some of the stress that is found on the cells of your brain. Free radicals are responsible for the stress that afflicts that area.

Antioxidants work to get rid of the free radicals and can help to improve your memory. Vitamins C and E are known to be safe; however, it is a good idea to consult your physician before taking them.

Magnesium is a mineral that is considered to get rid of stress in the brain. It can help with improving your memory and enhancing your learning skills. This mineral is also used when the muscles contract as well as allowing you to relax.

There are some foods that contain magnesium, such as whole grains, leafy green vegetables, milk and seafood.

## **Practicing**

You can practice to improve your memory. It's just like you're practicing on the football or the track field. The only difference is that it is more intense. That's not to say that working to improve your memory is not. It's just on a different level, but the goal remains the same. The more you practice, the better you will be at it. Then it becomes easier for you.

You can play a memory game by being in a group and getting the names of everyone in it. Take a few minutes to soak in the information, and then try to list everyone's name that was in the group. You may not get it on the initial run, but if you keep doing it, eventually, you will be able to master improving your memory.

You can also do that with other scenarios, such as newspapers and other periodicals. Read a segment and then talk about what you read. If you are successful with that, then it shows that you paid attention to what you were reading.

On the other hand, if you're not, you may have to pay more attention. Soak up the important details. Remembering the small stuff can be important and key to you keeping it in your memory bank.

## **Keeping Focused**

Part of practicing what you're reading involves being focused. You must keep your attention on the issue at hand. If you are conversing with someone, listen to what they are saying. You can ask them to repeat it if you did not hear them or did not understand.

Some people have trouble focusing when there is noise. Try to find somewhere quiet where you can talk. Minimize interruptions if possible. You know that there may be times when there will be disruptions, but handle them accordingly. The less noise and distractions you have to deal with, the better off you'll be. You will be able to focus more on the conversation at hand.

You can repeat things to yourself to help you improve your memory. You can say them out loud to yourself. If you are getting information from someone else, repeat back what they told you. That's how you are able to confirm what was said between the two of you.

## **Take Notes**

It's a good idea to take notes so you can refer to them later. Not everyone is able to remember everything. That is just too farfetched. Write down important things that you will need to keep for future use.

## **Exercise And Physical Activity**

Exercise can help you to get your memory back where it should be. You can take a walk and free yourself from any frustration that you may be experiencing.

With the number of people that are either overweight or obese, they are more prone to health ailments. If they don't exercise on a regular basis, they can have clogged arteries. The blood will not flow freely in their body. Along with the clogged arteries, your brain is not getting enough oxygen to breathe freely.

When you're not exercising, your brain is not receiving much blood. Blood needs to flow to the brain so you can think straight. You have to move around and not be stagnant. Incorporate other activities that involved moving around. The more active you are the better chance you have to improve your memory.

Walking can also help to manage your stress. It helps to relieve your mind of the pressure that you're dealing with. If you walk at least 30 minutes a day, you will be able to be more focused and increase the sharpness of your memory.

Stress is a deterrent to improving your memory. It hinders your focus, and causes you not to be able to think straight and remember things. In this regard, you can also improve your memory by mediation or using breathing techniques. You can't keep your brain on overdrive by being in fear and worry. You are able to think clearly and remember more.

Play word games and different kinds of puzzles. Not only can you improve your memory, but you will be able to concentrate better. Concentration is needed in order to have that sharp mental edge to remember things.

## **Visualization And Association**

There are some people who can grasp things by memory by taking words and making them into pictures and images. Visualization and association can bring light to something that may not be recognizable only by the written word.

For instance, if you were sending an e-mail and there was a disappointing tone to it, you may put a sad face on the end of the correspondence. This signifies that you were not pleased with whatever transpired.

Some of the images can be unique and not so recognizable. However, as long as that person knows what they are looking at and can associate it.



You can be descriptive by drawing pictures of how you see yourself in the next five years and work towards that goal. Things that may take a moment or two to get require you looking at them as how you want them to be.

Visualization not only helps to improve your memory, but it can also help to relieve stress. Stress is a factor of not being able to think and remember clearly. So using visualization can help you when you are looking to move forward. It can also help you to become more motivated.

With association, you can use one word to trigger your memory of what you need to remember. Things that are humorous and out of the box are great ideas to help you get your brain back in gear.

Once you start using these tactics, you will find that you will improve your memory and be able to remember more things

## **Aromatherapy And Essential Oils**

Did you know that there are some events that are connected with smells? If you happen to smell a whiff of perfume or cologne, it can make you think about things that happened a while or some years ago. Using aromatherapy can help to bring things back to your remembrance.

There are some essential oils that are used in aromatherapy that can help you to concentrate more and be mentally aware of what's going on. For this purpose, peppermint and eucalyptus are used.

Essential oils provide a fragrance that come from leaves, bark, flowers and an aromatic fruit. These oils provide a special scent that can be used as stimulants to your brain.

Rosemary is another essential oil that is use in aromatherapy. It is used to enhance and increase your memory. It also helps you to concentrate more and you can also think outside of the box. Basically, it works to enhance and stimulate your brain. If you are a student and you are studying for an upcoming test, you can use this essential oil to help you.

Sage is another essential oil use to enhance and improve your memory. People that initially used it would take it in the form of capsules filled with essential oil. In addition to these aforementioned essential oils, others that are used to stimulate the brain are basil and bay laurel.

In addition to being a brain stimulant, aromatherapy is considered to be a technique used to soothe your mind and release the stress that you are experiencing. Some examples of soothing oils are chamomile and lavender.

If you are having a problem with improving the performance of your memory, then you can use mint, or essential oils that have a citrus fragrance. These oils work to stimulate your brain and help you to remember more.

If you have medical problems that are interfering with you remembering things, you can inhale some peppermint oil. It works to stimulate your brain as well as get rid of pain and providing comfort for an upset stomach.

Whatever essential oil that you use, just take a cotton ball and place a few drops of oil on it. Then inhale and take in the scent. You are not required to use one oil at a time. You can put some together to create an oil that you can use to massage different areas of your body.

Prior to starting the process, here are some things to keep in mind:

Check with your physician prior to using the aromatherapy process and essential oils. If you have any medical conditions, you want to ensure that the fragrance does not cause adverse reactions.

The oils are not to be consumed internally and they are not to be applied on the skin directly. Women who are pregnant should check with their physician prior to using the essential oils. The fragrance may be harmful for your unborn child.

## **Be Unique And Creative**

There are many tips and tricks that you can use to improve your memory. Some of them are unique and creative. Regardless of how abnormal some of them may be, they will work if you put them to the test. You can use them in the categories of reasoning, acknowledging different patterns and math problems. Whatever it is, you have to use your mind to do it.

Here are some creative and logical ways you can stimulate your brain to improve your memory:

Read books whenever you get a chance. Spend at least an hour a few times a week reading fiction and non-fiction books. If you have a full-time job, read on your lunch hour. If you commute using public transportation, read on the bus or the train.

If you like animals, purchase a fish tank and include fish of various colors. It can show you a whole different world.

Decorate your home with different colors. It won't look so bland when other people see your creative side.

Listen to music that can stimulate your brain. Certain kinds of music can put you in a relaxed mood.

Play some board games such as chess or Scrabble. These games can be a challenge and help to stimulate the brain cells.

Connect with other people who have something in common with you. You should also get together with relatives and close friends that you don't see that often. If there are clubs in your area, join one that you have an interest in.

E-mail people that you haven't spoken to in a long time. They would probably be delighted to hear from you.

If you are dealing with the senses, you can open your mind and improve your memory. Don't be afraid to reach out and explore new things.

Trying different things when it comes to improving your memory is important. It helps to stimulate your mind and help you to relax. You have less to worry about. Being active keeps your mind sharp and focused. Otherwise, your brain can just rot away if you're not using it enough.

### **Eliminating Repetitive Actions That Are Unnecessary**

There are different ways to improve your memory. Some of them are so simple, that you will probably say "Why didn't I think of that"? There are some things about your memory that will not accelerate as you get older.

However, you can still make things happen with general techniques and tricks. You cannot remember everything. You can remember the majority of things. Those that you don't remember you can learn how to do it.

Sometimes you forget things because the process of doing that same things has been repeated so much that you forget how many times it's happened. It becomes a habit when you do certain things every day because you can't remember if you have done them or not.

To stop the repetitive actions, be cognizant of what you're doing. You must focus and pay attention. Whatever you're thinking about that is clouding your judgment, eliminate it from your system.

Distractions can mess you up when you are working on breaking a habit. For some, it can take a lot in order to pay attention to what they are doing. Paying attention can help you to remember your actions and eliminate anything that you don't need to keep doing. Some of it is little stuff, such as turning out the lights before you leave or unplugging the iron after you're done.

Here are a list of tips that you can use to help you not be so habitually repetitive:

If you are leaving your home, stop for a moment. Think about what you need to do before you leave.

Think about the areas that you need to secure, such as the front and back doors. Pay attention when you are tending to those areas. They are critical when it comes to securing your home.

Organization is very important when it comes to getting rid of unnecessary habits. Create a plan and make it stick. Being organized can help you not have to remember certain things because they are right there in front of you or they are near your reach.

Make a list of things you need to do every day. Once you have completed each task, cross it off. Not doing that can make you redo what you've already done. Crossing off items as you complete them also saves you time. Keep your list in the same spot so that you will be able to find it easily.

Make sure that there's a place for everything that you use on a regular or daily basis. For instance, if you use ink pens, place them in drawers that you use for that purpose. Or get holder where you can place a lot of them. That way, you will never run out of writing instruments.

If you have children, place their book bags by the front door. That way, they will not forget them. If you make them lunch, put it in their book bag right after you've fixed it. If you make lunch for yourself, you can put it on the stove or near the front door so that you can remember to take it.

Doing little things like that can make a lot of difference between having your own lunch and spending money every day for food.

Go over all of the tasks that you are supposed to be doing. Place the most important things first. Make sure that you have everything that you need to complete the tasks at hand.

Use a calendar to jot down the important information and things that you need to do. You will not be able to remember everything. Keep the calendar with you so that you can refer back to it.

Pending items need to be completed or resolved as soon as possible. Don't procrastinate. Do it while it's on your mind.

In order to keep your memory fresh, place things back where they were before. Putting them in places other than where they were can cause confusion for you.

You may have to repeat information to yourself in order for it to stick in your brain. It's just like reciting lines for a play. The only way you will remember is to keep repeating the lines over and over again.

Any important information, such as names, phone numbers, addresses, directions, etc., should be kept in one central location. They should be sorted where you can easily find them in a matter of seconds.

One thing that you must not forget to do and that is to focus and concentrate. Whatever you're doing, keep a laser-sharp eye on the task at hand. Focus and concentration are crucial to your success in improving your memory.

If you are one of those people that habitually forgets things, you may be out of focus and have difficulty concentrating. You allow things and events to take over your life. You have too much on your plate and allow distractions and stressful situations to plague you day in and day out.

You have a very short attention span or no attention span at all. All of this can cause you not to remember the things that you need to. Being preoccupied defeats the purpose of being able to improve your memory performance.

With all of this taking place, it's a wonder that anything can get done. It's important for you and others that are like you to have a system in place. That's why you see so many people with Blackberries, iPhones and other electronic organizers to keep them straight. They would be lost without something to keep them abreast of what's going on.

## **Mnemonic Tips And Tricks**

Another way to improve your memory is to use mnemonic tips and tricks. Mnemonics are gimmicks that help you to learn and retain information in your memory bank. Even though some of the tips and tricks may not be easy to learn, they have been proven to work.

No matter whether you need to remember names, lists or studying for classes, this method can help you to regain and retain your memory. Mnemonics can help to improve your memory and help you to concentrate better.

One of the mnemonic tips you can use to improve your memory is to create an acronym to use for a phrase. Acronyms are created by using the first letter of each line that you are trying to remember. You can also write poems or lyrics to help you remember things.

An example of using mnemonics with acronyms is like this:

- A - A
- B - Big
- C - Cat

With this method, it's good to do it in small portions. It's easier for people to remember things such as numbers and letters when they are in small chunks rather than a large conglomerate. The chunks should be no more than seven portions in one setting.

One of the most common ways to employ this method is to use rhymes. One that is used in elementary school for many years is "I before E, except after C". It is one of the most popular if not the most popular ones that students can relate to.

Another way to improve your memory with mnemonics is to incorporate words in a list by using photos and images. They may not make much sense, but when the story is told, children will be able to understand and memorize what they are learning.

Use simple things such as dog, jump, apple and other related items. Children can relate to them better and quickly grasp what they need to learn. It also helps that they are using these words in a group.

The Loci method is used when you need to remember information such as a report or a speech you're going to present to an audience. It is a device used in which you pretend that you are in a place that you have been before. Every part of information that you have is connected with a room or whatever is there. So if you were reading Snow White, some portion of the story could be connected to different rooms. So, when you approached it, you would be able to connect each phrase or sentence with the rooms and the storyline.

## **Chunking**

There are some things that you may forget that should be in your memory at all times. Some things you can write down and read from them. Other information you have to keep in your memory bank because it is very sensitive. You can't just write them down and put them in your purse somewhere.

For things like that and other information, the chunking technique may be what you need. This technique is used when you are dealing with numbers and letters. If you have quite a bit of numeric information such as a phone number, it can be broken down into a few chunks so you can remember it easier.

It doesn't require as much energy to think about what you need to remember. You will still be able to remember the phone number, not just at one time. Plus, chunking is an easier technique to deal with.

With chunking, you find certain subjects to relate the numbers to. Then as you think about those subjects, you connect it with the number you are trying to recite. The more you connect and relate to the information, the better chance you have of remembering the numbers. People can create a pattern and use it for other information that they need to remember.

There is more to chunking than just remembering numbers. You can also do it with letters. For instance, if you need to send correspondence to some people whose name starts with the same letter, you can learn to remember the names that start with this letter and that letter of the alphabet.

You can also use it when you are going to the store to get some items. It's good to use if you know what you are shopping for. Then you can write down the list and put the information in different categories.

That way when you get there, you can go in those designated aisles and get what you need. There are so many people that roam the aisles more than once when they realize that some of the same items are located in the same place.

Unless you know what's in every aisle by memory, this can be a way that can save you time. You won't necessarily have to go through the entire store to get what you need.

## **Using The Environment Around You**

Remember back in the day when people would tie a string around their finger? Well, that was a way that was used for them to remember things that they needed to do. It served as a reminder that there were things that had not been done yet. It served as a visualization tool. Whenever they saw the string, it let them know that they needed to finish the job.

With all of the electronic gadgets nowadays, it's highly unlikely that anyone is using a piece of string anymore. Within your environment, there are things that you can do that can help to improve your memory. You can make them part of your routine every day.

For instance, if you have clothes that you need to take or pick up from the cleaners, place a hanger on the knob of your bedroom door or your front door. Or you can place them at both areas. This way, you will remember to get your clothes, whether it's taking them or picking them up from the cleaners. Use different colors. Different colors can have an impact on your brain. For instance, if you have items that are red, they can help you concentrate better. Concentration can work in your favor to help you improve your memory.

If you want to be creative, you can utilize the color blue. Another color that is associated with concentration is green. This color is also used to help improve your concentration.

Using a timer while you are reading or studying can help you to improve your memory. Knowing that you only have so much time to do this can help you keep focused on the subject at hand. You won't have time to goof off when you know you only have so much time to get the job done.

If you are studying at home, you should do what you can to remove distractions from your environment. It seems when you are the busiest is when the distractions seem to crop up. When you're studying, keep the television off along with the radio.

The ringer on your phone should be silent. If you need music to listen to while you're studying, play some soft music that can get you in the mood to study.

If you will be studying for a few hours, take a break in between. If you don't, you can have a breakdown in your concentration and focus level. Taking breaks can help you to free your mind from the studying that you've been doing. It gives to a chance to refresh your brain. On your break, you can take a brief walk or eat a healthy snack.



## **Remembering Names, Places And Other Things**

If you are shopping in a large area, it's quite possible that you can forget where you parked. It can be frustrating and confusing. To remedy that, look at your surroundings. Look for a landmark that will help you remember where your car is parked.

In some parking lots, there are numbers to designate the space that you parked in. Take down that number and put it somewhere where you can find it. However, that may still not be enough. Unless there is a sign designating specific numbers, you can still get lost. Look to see if there is a significant item that you can relate to where you are parked.

Other ways that you can remember places is to make a note in your mind of certain items or areas that you can relate to. If there are certain smells, such as a certain restaurant, keep those in your mind when you need to find your vehicle. Maps are also a good way to remember where you are.

If you are cooking, it's important to know how much of an ingredient you have used. You want your food to come out just right. If you put too much of an ingredient in there, no one will eat what you've cooked. As you are putting the ingredients together, count out the amount. That will help you not to overdo it. Plus, you won't get distracted.

Not remembering someone's name can be rather embarrassing. If you are introducing someone to another person, and you can't remember the third person's name, that's not a good sign. It happens more than people think. It's easier to recollect someone's face, but with names it's a different story.

With a face, you are dealing with recognizing a person. Your brain can process this easier than it can remember their name. With recognizing a face, you don't have a lot of choices to deal with.

This makes it easier for you. However, when it comes to remembering names, it is a different process. Your brain has to reach down and think about it. It takes more energy and is not an easy task.

There are some ways that this can be made easier for you. You can connect something significant and associate it with the name of that person.

Another technique that you can use is to pay attention when the person's name is said. Make repetitions and say it loud enough for you to hear.

You can connect the name with another piece of information. For instance, if the person's last name is Green, you can associate that with money. Money is green, so whenever you see this person, you can make the connection. That's a nice connection to make. Look at their face. Find unique features that would make them stand out.

Continue to repeat the person's name and connect the face with it. The more you do this, the better chance you have of remembering their name if you should see that person again. Knowing a person's name is part of the social aspect of life.

In fact, the person may take it personally that you didn't remember their name. It is important that in a setting where you are making introductions, that you remember the names of all parties involved.

## **Using Sleeping Techniques**

There are many people who don't get enough sleep and as a result, their memory suffers. A lack of sleep can cause people not to be as alert as they need to be when they are up. It also affects their concentration and focus when it comes to completing tasks that need to be done.

The average amount of sleep that a person needs is between six to eight hours. It is imperative that people get enough sleep in order to be able to function properly. However, there are some people who cannot fall asleep on their own for whatever reason.

Some will rely on prescription medication in order to get some shut-eye. However, that does not always work in their favor. It's easy to get hooked on prescription medication and not be able to wean off of it.

Consuming alcohol can be very dangerous, but there are people who rely on it to get to sleep.

Drinking alcohol can leave you feeling incoherent and unfocused the next day. Not only that, if you are a habitual drinker, you can have serious medical issues down the road.

You can use some strategies to get to sleep that do not require the use of drugs or alcohol. Here are some that you can use to help you get some shut eye:

It's not a good idea to put your focus on falling asleep. The more focus and concentration you use for that, the more difficult it will be for you to get some shut-eye. Imagine that you are somewhere in a relaxing atmosphere.

Keep the lights off while you are in the bed. With the lights on, it can make it difficult for you to go to sleep.

Use a schedule where you do the same things every evening. Having a routine where you are getting ready for bed can help you eventually fall asleep. Your body will signal when it's time for you to crash.

Have a routine when waking up and going to bed every day and evening. On the weekends, try not to sleep more than you need to. When you oversleep, it can be difficult to sleep in the evening.

### **Oversleeping can mess up your routine.**

When you are in the bed, you should not watch the television, read or eat. Don't talk on the telephone while you're there. The bedroom should be a sanctuary while you sleep and to get intimate.

If it takes you more than a half hour to get to sleep, you should move to another room. You can read for a few minutes or watch a program that you have no interest in. Make sure that it is quiet in the room. Then you can go back to your bedroom and try falling asleep again. You may have to do this more than once in order for you to get some shut eye.

Once you start getting enough sleep every night, your brain will start working to help improve your memory. You will be well rested enough to think clearly. Your brain will be very active and you will be able to recollect things that you could not do previously.

## **Conclusion**

With the number of tips, tricks and techniques in this report, you should be able to at least use a few to help you improve your memory. Being able to retain information is important, but it is also important that you are able to recall it from memory when you need it.

Improving your memory can help you to stimulate your brain even more than it was before. You will be able to learn how to do some things differently when it comes to remembering and retrieving information from that bank in your brain.

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