Move Learning to Long-Term Memory While You’re Sleeping!

**THETA SCAN** is an important memory technique from SuperCamp—and one of our favorites! You’ll remember we spoke of *alpha state* when we learned about Q-Up. Well, *theta* is another brainwave that we can use to our advantage. *Theta state* happens as we start to drift off to sleep—and it’s the best time to review things we want to remember long term.

During the day we’re creating short-term memory, not long-term memory. As you probably know, we sleep and dream because our brains need time to recover and process the day’s events. It’s also when an area of our brain called the hippocampus decides what needs to be stored in long-term memory. And we can actually guide the hippocampus by letting it know what’s important enough to move into long-term memory!

To take advantage of your brain’s activity at night, let go of electronic games, cell phones, and television shortly before you go to sleep—what you’re learning there is not what you want your brain to move into long-term memory! Instead, just before you go to sleep quickly scan your notes about what you learned during the day and you’ll be helping you brain to move it into your long-term memory. And we do mean *scan*—this is a quick review, not a deep read! It might take you less than five minutes or a few minutes more, but the rewards are great. Make sure it’s the last thing that goes into your brain before you go to sleep and you’ll be sending a valuable message to your brain: remember this—it’s important! Your brain will get the message and process *that* information during the night instead of an electronic game or late text messages. By choosing what you want your brain to focus on during the night ahead, you will be rewarded with amazing long-term memory!