



Memory Improvement Cheat Sheet

Quick Reference Guide to Remember More

Memory by the Numbers

50%

Information lost within 24 hours without review

200%

Better retention with spaced repetition

7±2

Items in short-term memory (Miller's Law)

40%

Memory boost from sleeping after learning

Top Memory Techniques



Spaced Repetition

WHAT:

Review material at increasing intervals instead of cramming

HOW:

Review after: 1 day → 3 days → 1 week → 2 weeks → 1 month → 3 months

BENEFIT:

Up to 200% better long-term retention



Active Recall

WHAT:

Test yourself instead of passively rereading notes

HOW:

Close book → Write everything you remember → Check gaps → Focus on weak areas

BENEFIT:

50% more information retained vs. rereading



Memory Palace

WHAT:

Link information to familiar locations in your mind

HOW:

Choose familiar place → Create mental path → Place vivid images at locations → Walk through to recall

BENEFIT:

Perfect for memorizing lists, speeches, sequences



Chunking

WHAT:

Group information into manageable chunks

HOW:

Break phone numbers (555-123-4567), group vocabulary by theme, organize history by periods

BENEFIT:

Expands working memory capacity from 7 to 20+ items



Mnemonics

WHAT:

Create memorable associations or acronyms

HOW:

Acronyms (PEMDAS), Rhymes ("i before e"), Stories, Vivid imagery

BENEFIT:

Makes abstract information concrete and memorable



Dual Coding

WHAT:

Combine words with visual representations

HOW:

Draw diagrams, create mind maps, sketch concepts, use color coding

BENEFIT:

65% better retention after 3 days vs. text alone

Elaboration

WHAT:

Ask "why" and connect new info to what you know

HOW:

Ask: "Why is this true?" "How does this relate?" "What examples exist?"

BENEFIT:

Creates deeper understanding and stronger memory networks

Interleaving

WHAT:

Mix different topics/problem types in one session

HOW:

Alternate between subjects instead of blocking (math → history → science → math)

BENEFIT:

43% better test performance in problem-solving

Feynman Technique

WHAT:

Explain concepts simply as if teaching a child

HOW:

Choose topic → Explain in simple terms → Identify gaps → Review and simplify further

BENEFIT:

Reveals understanding gaps and reinforces learning

Quick Memory Boosters

Sleep 7-9 Hours

Your brain consolidates memories during sleep—especially deep sleep and REM

Exercise Daily

Physical activity boosts BDNF, improving memory and learning for 2+ hours

Stay Hydrated

Even mild dehydration impairs cognitive function and memory

Eat Brain Foods

Omega-3s, berries, nuts, dark chocolate support brain health

Minimize Stress

Chronic stress damages the hippocampus—practice meditation or deep breathing

Eliminate Distractions

Multitasking reduces retention by up to 40%—focus on one thing at a time

Write by Hand

Handwriting activates more brain areas than typing, improving retention

Use Background Music

Instrumental music can enhance focus, but lyrics may distract

The Science Behind Memory

Encoding: When you learn, your brain creates neural connections. The stronger the encoding (through emotion, repetition, or meaningful association), the better you remember.

Consolidation: Memories are stabilized during sleep. This is why all-nighters hurt learning—your brain needs sleep to move information from short-term to long-term memory.

Retrieval: Each time you recall information, you strengthen the memory pathway. This is why testing yourself (active recall) is so powerful.

Forgetting Curve: Without review, you lose 50% of new information within 24 hours. Spaced repetition fights this by reviewing just before you forget.

For more learning resources, visit:
www.onlinegyan.in

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