

# **4 SECRETS TO A GREAT MEMORY**

**Leigh-ann Briceno**

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Yet according to the Centers for Disease Control and Prevention, one third of us get less than seven hours a night—including me. Disclaimer The statements on this site have not been evaluated by the Food and Drug Administration. The answer is always to find what is interesting in what you want to remember. K See how a quick walk ignites the brain in the scan below: . In particular, blueberries are known for being high in flavanoids which appear to strengthen existing connections in the brain. Research has found that sleep deprivation can affect our ability to commit new things to memory and consolidate any new memories we create. A study from the University of Reading and the Peninsula Medical School found us at editors time.