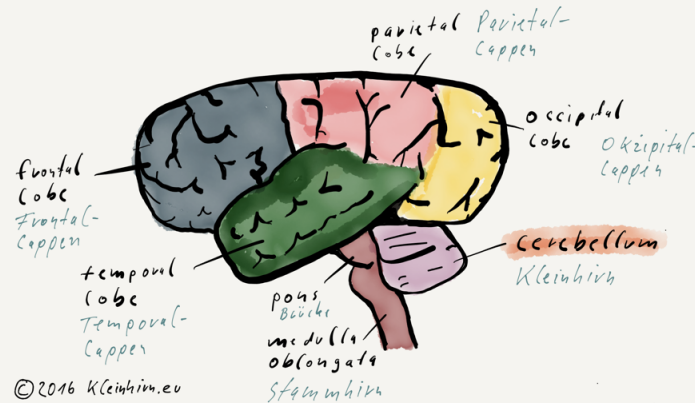


**We Take in Information Better When It's Visual**

**Sleep Deprivation Significantly Reduces Your Ability to Learn New Information**



**We Remember the Big Picture Better Than the Details**



**We Learn Best by Teaching Others**

**We Learn New Information Better When It's Interleaved**

# 6 Things You Should Know About How Your Brain Learns

**Sleep Largely Affects Learning and Memory**



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