



General Advises About Memory Techniques





Can any of us remember all these numbers?

5353524033107329388700048925052651999133

6279683048812130796830529974383715370620

4287321561668006180143735473133977138130

8202899149132161312513656982856997156132

4166677977599121473690030240384687031877

2946798497631506751137271803848809918199

0590546211304625270254880838464460760850

2349080650036042981102882878200333059171

9999298458146593232839659934815831148227

2898183157917511864731086262898213420550



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Stages of memorizations

1.Registrations

depends on the 5 senses



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Stages of memorizations



2. Encoding

translate the informations to the long term memory



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Stages of memorizations

3 . Retrieval

Extract the informations from the long term
area



www.arabianmemory.com



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Stages of memorizations

4. linkage

Link the new information
with an old one

Practical example

- | | |
|-------------------|---------------|
| 1. Knife | 2. Bicycle |
| 3. Fork | 4. Chair |
| 5. Praying carpet | 6. Key |
| 7. Cat | 8. sand watch |



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General Advices



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Nutrition And Memory

Nutrition can affect our memory in about 10%

90% of our memory improvement is by mental exercises

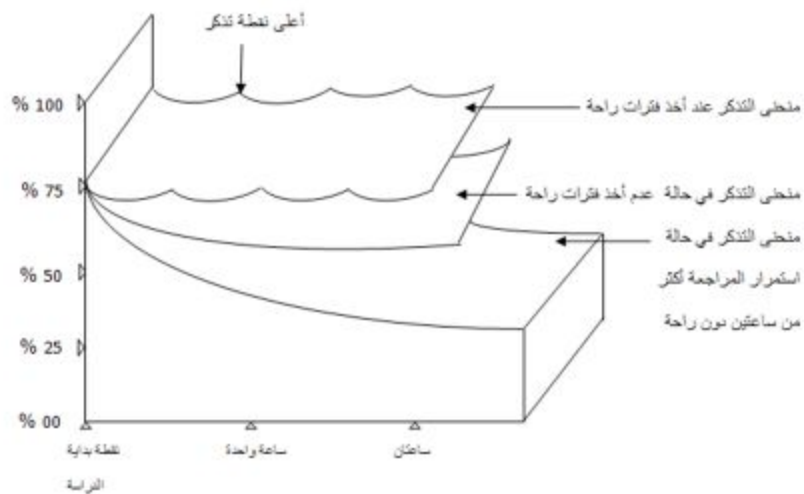
Water (80% of our brain is water!), **B6**(carrot&meat), **B12**(fish, chicken or egg), **Vit C** (Orange, lemon or Kiwi), **Cholin** (liver, lentils or soya beans), **Zinc**(Ginger, walnuts or almonds)



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memory and study



رسم تخطيطي لتوضيح وحدات الزمن ذات المعدل الأعلى للتذكر

(دورة الذاكرة الخارقة)



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Memory and Sleep

1. At a normal range we need 6-8 hrs sleep every night
2. Einstein need 5 hrs per night whereas Addison needs 10 hrs
3. The 1st 4 hrs (10PM-2 AM) are the most important hours followed by (2 AM- 4 AM)



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