

Watch the episode and fill out the gaps

- 1.Sleep occupies nearly aof our lives.
- 2.What goes on in your brain while is an intensely active period of
- 3.HM's ability to formmemories was also damaged.
- 4.There are a few ways to influence the extent andof memory retention.
- 5.Going to sleep three hours after memorizing formulas and one hour after practicing your scales would be the