

**Watch the episode and fill out the gaps**

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