

TMUX — One-Page Cheat Sheet

Alt/Ctrl Swapped Configuration

Prefix Key: Alt + b then release, then press the command key

Example: Alt+b % (vertical split)

Sessions

Start new session	tmux
List sessions	tmux ls
Attach to session	tmux attach
Attach by name	tmux attach -t NAME
Detach (leave running)	Alt+b d
Kill session	tmux kill-session -t NAME

Scroll / Copy Mode

Enter scrollback	Alt+b [
Navigate	Arrows / PgUp / PgDn
Exit	q

Visual Selector Mode

From Alt+b w, Alt+b s, or choose-tree	
Kill highlighted item	x
Confirm	y

Power CLI Commands

Named session	tmux new -s dev
Attach last session	tmux a
Reload config	tmux source-file ~/.tmux.conf

Windows (Tabs)

New window	Alt+b c
Next window	Alt+b n
Previous window	Alt+b p
Visual list	Alt+b w
Rename window	Alt+b ,
Kill window	Alt+b &

Panes (Splits)

Vertical split	Alt+b %
Horizontal split	Alt+b "
Move focus	Alt+b ← ↑ → ↓
Show pane numbers	Alt+b q
Zoom pane (toggle)	Alt+b z
Kill pane	Alt+b x

Resize Panes

Quick resize	Alt+b hold Alt+Arrow
Command mode	Alt+b :
Resize left 10	resize-pane -L 10
Resize right 10	resize-pane -R 10
Resize up 5	resize-pane -U 5
Resize down 5	resize-pane -D 5

Minimal Recommended Config

~/.tmux.conf

```
set -g mouse on
set -g history-limit 100000
setw -g mode-keys vi
```

★ Core Daily Muscle Memory

If you memorize nothing else:

Alt+b c	New window
Alt+b %	Split vertical
Alt+b "	Split horizontal
Alt+b arrows	Move focus
Alt+b z	Zoom pane
Alt+b x	Kill pane
Alt+b d	Detach session