

Sessions

ACTION	COMMAND
new session	\$ tmux
new session with NAME	\$ tmux new -s NAME
attach last session	\$ tmux a[ttach]
attach specific session	\$ tmux a[ttach] -t NAME
detach from session	Ctrl+b d
list sessions	\$ tmux Is
interactive session list	Ctrl+b s
rename current session	Ctrl+b \$
attach specific session and detach any other client	\$ tmux a[ttach] -d -t NAME
change to previous session	Ctrl+b (
change to next session	Ctrl+b)

Misc

ACTION	COMMAND
show shortcuts	Ctrl+b ?
show time	Ctrl+b t
show pane numbers	Ctrl+b q

Panes & windows

ACTION	COMMAND
create new window	Ctrl+b c
split window horizontally	Ctrl+b "
split window vertically	Ctrl+b %
interactive window list	Ctrl+b w
select window	Ctrl+b 0-9
rename window	Ctrl+b ,
previous window	Ctrl+b p
next window	Ctrl+b n
kill pane	Ctrl+b x
kill whole window	Ctrl+b &
move pane to new tab	Ctrl+b!
resize pane	Ctrl+b Ctrl+arrow
auto reorganize panes	Ctrl+b spacebar
swap pane left	Ctrl+b {
swap pane right	Ctrl+b }
select different pane	Ctrl+b o
move pane selection	Ctrl+b arrow

source: https://www.nbalonso.com