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Face Memory Test Results

Your Score

Recognition score
(if you saw it)

Your score: 95%



Average score: 92%

This is a measure of your ability to remember the photos you've seen, regardless of the part in which you saw them. From all 24 photos shown in Parts 1 & 2, you recognised: **23** photo(s).

Temporal memory score
(when you saw it)

Your score: 91%



Average score: 68%

This is a measure of how often you recognised a photo and matched it to the correct part, instead of just remembering which ones you'd seen. From all the photos you recognised, you matched: **21** photo(s) to the correct part.

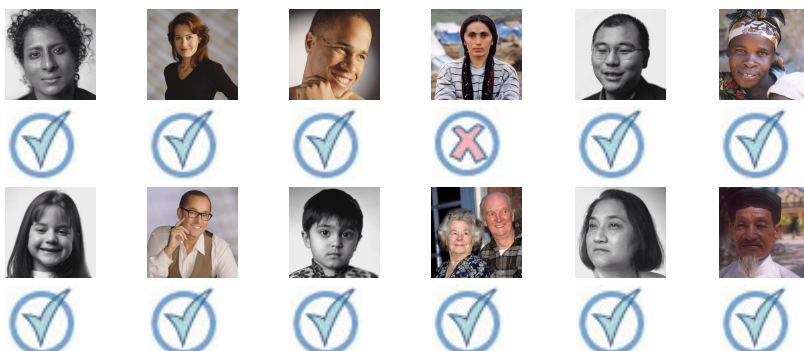
Sleep scientists say that:

- recognition memory for faces is unaffected by sleep loss. A person who has not slept for as much as 35 hours can perform as well as someone who is not sleep deprived.
- the area of the brain that controls temporal memory can be affected by prolonged sleep loss and/or ageing. So a healthy 65 year old who sleeps normally would be able to perform this test similarly to a 20 year old who has gone without sleep for 36 hours.

Hover your mouse over the ticks and crosses to see how you performed:



These photos were in part 1:



Related Links

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Daily rhythm test

Discover your natural 24 hour body clock.

Face memory test

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Explore your memory

Try a fun series of challenges developed by experts.

Sheep dash!

How alert are you? Can you catch the sheep?

What is sleep?

The science behind sleep.

Sleep problems

25% of the UK population suffer a sleep problem.

Sleep advice and tips

Tips to help you get a peaceful night's sleep.

[Elsewhere on bbc.co.uk](#)

News - A coffee can make you forgetful

Coffee may actually hinder thinking rather than enhance it

Radio 4 - Memory

Melvyn Bragg explores the concept of memory

[Elsewhere on the web](#)

About Memory

The role of sleep in memory

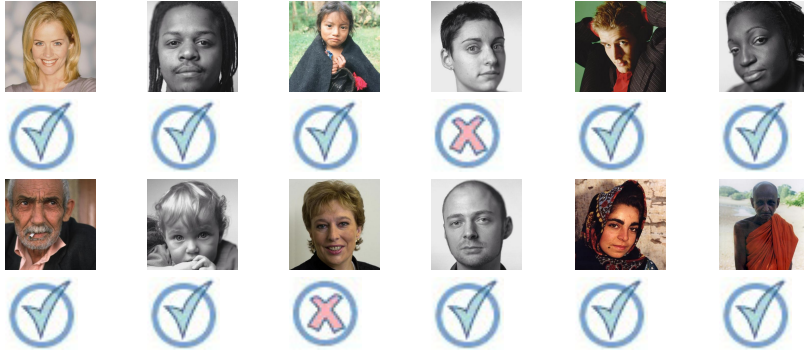
CNN.com - Sleep and Memory

A study shows that sleep helps improve memory

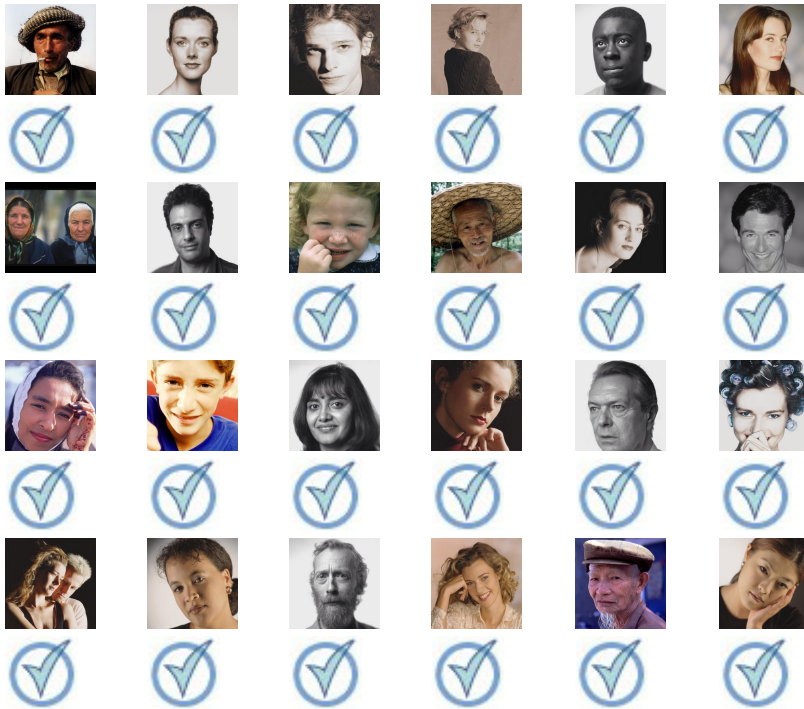
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These photos were in Part 2:



These photos were in neither section:



In the section above you made **0** "false positive(s)". That is, thinking you remembered seeing the photo when you hadn't seen it before. Average false positive score is 1-3.

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