10 Fun Facts About Your Brain

Our brains are incredibly fascinating things that we constantly learn more about every day. The more we learn, the more we want to know. A few fun facts we have learned about the brain over the years include:

# **The Brain’s Storage Potential is Considered to be Essentially Infinite**

The human brain contains somewhere around [a billion neurons](https://www.scientificamerican.com/article/what-is-the-memory-capacity/). Each of these neurons can form about 1,000 connections to other neurons, which means there can be over a trillion connections between the neurons, allowing for ample storage capacity within the human brain.

# **Water Makes Up an Estimated 75% of the Brain**

Have you ever experienced brain fog when you were feeling dehydrated? That’s because your [brain is made up of about 75% water](https://www.usgs.gov/special-topics/water-science-school/science/water-you-water-and-human-body), meaning that, even if you are only a little dehydrated, your brain functioning can be affected.

# **Humans Actually Use All of Their Brains, Not Just 10% of It**

Many of us have heard that we only use 10% of our brains. As a matter of fact, Hollywood has capitalized on this idea through movies like Lucy (2014), a film that depicts a person using all of their brain power. However, research has proven that “fact” is nothing more than a myth. However, evidence suggests that, throughout a single day, we tend to use our [whole brain](https://www.scientificamerican.com/article/do-people-only-use-10-percent-of-their-brains/).

# **As You Get Older, Your Brain Tends to Get Smaller**

As you get older, many parts of you shrink. Your brain is no exception. Research has suggested that [brain volume and/or weight declines](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2596698/#:~:text=It%20has%20been%20widely%20found,age%20particularly%20over%20age%2070.&text=The%20manner%20in%20which%20this%20occurs%20is%20less%20clear.) as a person ages at a rate of approximately 5% per decade after reaching the age of 40.

# **The Average Brain is Estimated to Weigh About Three Pounds**

On average, an adult human [brain tends to weigh about three pounds](https://www.verywellmind.com/how-big-is-the-brain-2794888#:~:text=The%20average%20adult%20human%20brain,is%20around%2015%20centimeters%20long.) (1300 to 1400 grams). Meanwhile, a newborn baby’s brain is estimated to weigh about ¾ of a pound. That means our brains have a lot of growth to do before reaching full maturity!

# **The Brain Does Not Reach Full Maturity Until About 25 Years Old**

Speaking of our brains reaching full maturity, did you know that your [brain will not reach full maturity](https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know#:~:text=Although%20the%20brain%20stops%20growing,the%20last%20parts%20to%20mature.) until your mid-to-late 20s? One of the final areas of the brain to mature is the prefrontal cortex.

# **The Brain Can Transmit Information At Speeds Up to 268 Miles Per Hour**

Signals along the [alpha motor neuron](https://www.discovermagazine.com/health/numbers-the-nervous-system-from-268-mph-signals-to-trillions-of-synapses), which sends information to and from the brain, are estimated to travel at the incredible speed of up to 268 miles per hour!

# **Your Brain is Made up of Nearly 60% Fat**

The brain is very fatty, being made up of [nearly 60% fat](https://pubmed.ncbi.nlm.nih.gov/20329590/). That makes it the fattiest part of the human body!

# **Men’s Brains Tend to Be Larger Than Women’s**

After considering body weight differences, the average [male brain](https://www.verywellmind.com/how-big-is-the-brain-2794888#:~:text=The%20average%20adult%20human%20brain,is%20around%2015%20centimeters%20long.) is about 100 grams larger than the average female brain.

# **Women’s Hippocampus Tends to Be Larger Than Men’s**

While men may tend to have a bigger brain, women tend to have a larger [hippocampus](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6235970/#:~:text=For%20example%2C%20women%20have%20larger,connectivity%20%5B42%E2%80%9345%5D.), the part of the brain most often associated with learning and memory.

Isn’t the brain a fascinating thing? It is also something worth caring for. Part of maintaining a healthy brain includes caring for our mental health. If you have found that your mental health is struggling, our therapists are here for you. [Contact](http://michiganpsychologicalcare.com/contact.php) us today, and we will work with you to help you feel healthier and happier!

**References**

[https://www.scientificamerican.com/article/what-is-the-memory-capacity/](https://www.scientificamerican.com/article/what-is-the-memory-capacity/" \t "_blank)

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Keywords: brain, cognitive functioning, healthy brain, brain facts