Subconscious learning:

[The sleeping child outplays the adult's capacity to convert implicit into explicit knowledge](http://www.nature.com/neuro/journal/v16/n4/full/nn.3343.html) (Scholar). Researches showed that as a child, we learn things subconsciously even during sleep. <http://www.nature.com/neuro/journal/v16/n4/full/nn.3343.html>

[Study Shows How Sleep Improves Memory](https://www.sciencedaily.com/releases/2005/06/050629070337.htm) (Scholar) shows that A good night's sleep triggers changes in the brain that help to improve memory, according to a new study led by researchers at Beth Israel Deaconess Medical Center (BIDMC). <https://www.sciencedaily.com/releases/2005/06/050629070337.htm>

<http://www.bbc.com/future/story/20140721-how-to-learn-while-you-sleep> suggest that sleep helps us to generalize what we’ve learnt, giving us the flexibility to apply the skills to new situations. The research of a 19th Century French nobleman named the Marquis d’Hervey de Saint-Denys found that he could bring back certain memories with the relevant smells, tastes or sounds.

[Attention and Awareness in Foreign Language Learning](https://books.google.com.vn/books?hl=en&lr=&id=P2gGD0HnjcYC&oi=fnd&pg=PA1&dq=subconscious+learning+long+term+memory&ots=C24vtgTfDL&sig=HSlyrvUG5YqFag4Gf95C__mWzI4&redir_esc=y#v=onepage&q=subconscious%20learning%20long%20term%20memory&f=false) (Scholar) states that language learning (or “acquisition” is unconscious or subconscious and in natural settings takes place through interaction and the processing of input. <https://books.google.com.vn/books?hl=en&lr=&id=P2gGD0HnjcYC&oi=fnd&pg=PA1&dq=subconscious+learning+long+term+memory&ots=C24vtgTfDL&sig=HSlyrvUG5YqFag4Gf95C__mWzI4&redir_esc=y#v=onepage&q=subconscious%20learning%20long%20term%20memory&f=false>

[Understanding Your Subconscious Mind](http://www.briantracy.com/blog/general/understanding-your-subconscious-mind/) (Additional Info)

<http://www.forbes.com/sites/daviddisalvo/2014/07/28/how-to-really-learn-a-foreign-language-while-you-sleep/#7a78e95126c2> (Additional Info): only play audio of foreign words you’ve already heard, and set the audio to run for the first two to three hours of sleep. When you wake, give yourself a quiz to test your recall.

<https://asu.pure.elsevier.com/en/publications/conscious-vs-subconscious-perception-as-a-function-of-radiologica>

<http://link.springer.com/chapter/10.1007%2F978-3-642-02583-9_5>

<http://ieeexplore.ieee.org/xpl/login.jsp?tp=&arnumber=5255353&url=http%3A%2F%2Fieeexplore.ieee.org%2Fxpls%2Fabs_all.jsp%3Farnumber%3D5255353>

<https://books.google.com.vn/books?id=HKJwCAAAQBAJ&pg=PA100&dq=Subconscious+Learning&hl=vi&sa=X&ved=0ahUKEwiDx4Od4IDMAhUFF5QKHZP7CesQ6AEIGTAA>

<https://books.google.com.vn/books?id=rTdaAAAACAAJ&dq=Subconscious+Learning&hl=vi&sa=X&ved=0ahUKEwiDx4Od4IDMAhUFF5QKHZP7CesQ6AEIIDAB>

Sleep tracking:

<http://sleepjunkies.com/features/the-ultimate-guide-to-sleep-tracking/>

<http://www.sleephealthfoundation.org.au/fact-sheets-a-z/724-sleeptracker.html>

There are several methods for sleep tracking:

* Accelerometer/Muscles movement: Cost efficiency, low accuracy
* EEG: most accuracy to date
* Heart beat: Good accuracy
* Breath/Snore sound: Low accuracy

Vocabulary learning design:

<http://biblio.uabcs.mx/html/libros/pdf/12/12.pdf>

<http://www.englishspeak.com/vi/english-words.cfm?newCategoryShowed=3&sortBy=28>

Actual Subconscious learning experiment:

<https://www.sciencedaily.com/releases/2015/10/151028084925.htm>

<http://www.snf.ch/en/researchinFocus/newsroom/Pages/news-151028-press-release-learning-in-sleep-right-way.aspx>

Music therapy:

<http://ieeexplore.ieee.org/xpl/login.jsp?tp=&arnumber=7399529&url=http%3A%2F%2Fieeexplore.ieee.org%2Fxpls%2Fabs_all.jsp%3Farnumber%3D7399529>

Deep Sleep Meditation Music: <https://www.youtube.com/watch?v=zTprYuVbXcY&nohtml5=False>

<https://soundcloud.com/mark-aria/sleep-music-delta-waves>