

# Some People Excel at Learn to Use “Delete Button” In Your Brain and Some Don’t - Which One are You?

Himabindhu Gude\*

Department of Psychology, Osmania University College for Women’s, Hyderabad, Telangana, India

**Keywords:** Brain; Neurons; Pruning; Learning; Information

## Introduction

Working with the brain to learn new information which was carried by neurons. Our brain is having the ability to learn, to build and also having the ability to breakdown. It means neuroscience says that neurons can fire and wires the information together with the help of neuron cells. If you learn something you get perfect. It means you are making new neuron connections. It can also prune to give space for new information. How does it Works? Let me explain, practice makes a man perfect it means learning and practicing the process will get into our brain. For example, we do write our tests, we will get results. Before exams, we learn and practice to get a good score. If someone asks us about our test now, do we remember what we wrote in the exam? No. Because it is practiced to learn the new information and it pruned after its use.

Imagine, your brain is an Ocean. Instead of water, you are seeing plastic wastage, sand etc. What is the use of all these? If that Ocean is full of water you can see Animals, Sceneries, etc., which gives us peace.

Our brain contains few cells which plays a major role in connecting and pruning the information. Glial cells and Microglial cells are both cells which helps in connects and prunes the information which is existed in the brain. Glial cells are called as gardeners of brain. Microglial cells remove the waste from your brain.

Now, the question is how these cells come to know which is important and which content should be removed.

Synaptic connections are marked by a protein called C1q. Microglial cells detects and bind to the protein and prune the synapse connection.

## Sleep Matters

Sleep Matters, How? When you feel that you are fully occupied with your works even though you are trying to take new information but your brain can’t do because already it is fully occupied with some other works.

Your brain cleans itself when you are in sleep and create some space for new connections. When you do not have enough sleep it is not possible to prune the synapses.

Did you ever woken up in the night sleep and started thinking? It’s all because your brain pruning.

Sleep deprivation is like hacking your brain. Hence, a nap is considered as beneficial for cognitive abilities.

## Mindfulness

Your brain will have some control to decide and delete while you are in sleep. If you think more about something, you cannot sleep properly and your brain cannot prune the synapses. If the neural connections are more it looks like a dense garden where you cannot see the way and light. Your decision making cannot be strong and you cannot be mindful.

## Conclusion

The final conclusion is sleep well, trim the things which are unnecessary and be mindful. Practice Yoga and meditation to be in peace.

---

**\*Corresponding authors:** Himabindhu Gude, Department of Psychology, Osmania University College for Women’s, Hyderabad, Telangana, India, Tel: 6303025319; E-mail: [smily.bindu20@gmail.com](mailto:smily.bindu20@gmail.com); [himabindhugude@yahoo.com](mailto:himabindhugude@yahoo.com)

**Received:** August 16, 2019; **Accepted:** September 13, 2019; **Published:** September 20, 2019

**Citation:** Gude H (2019) Some People Excel at Learn to Use “Delete Button” In Your Brain and Some Don’t - Which One are You? Int J Neurorehabilitation 6: 355.

**Copyright:** © 2019 Gude H. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.