

## Sentence Note-Taking Method

### Sentence Note-Taking Method

- Best for fast-paced, in-class lectures, or unstructured lessons.
- Uses sentences separated by lines to quickly transcribe as much information as possible from the information source.
- Distinguish between different, unrelated topics by creating a line break.
- Consider combining the sentence method with another note-taking method when rewriting your notes.
- Simply writing down what your instructor is saying in the form of sentences.

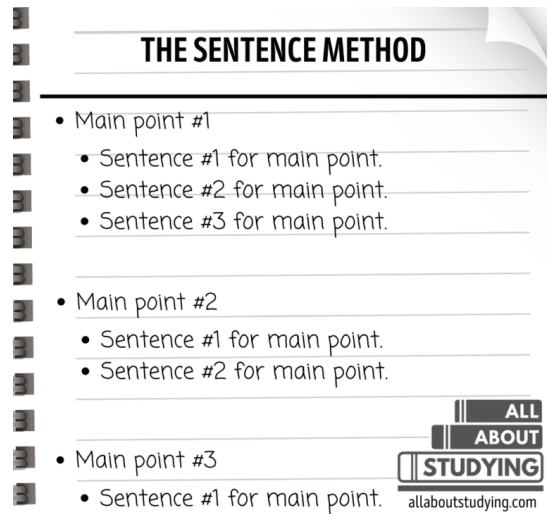
### How to use:

1. Write down each sentence on a separate line.
2. Number your lines.
3. Review your notes.

### Sentence Note-Taking Examples:

#### Sleep Disorders

- Sleep terrors occur at stage 4 of NREM
- Nightmares have no consistent duration
- Sleepwalkers cannot recall their sleepwalking
- There is no known cure for nightmares
- A common cause of sleepwalking is fatigue
- Sleepwalkers are easily awakened
- Sleepwalking occurs during NREM sleep
- Sleep terrors: no recollection of content
- Sleep terrors occur within 15–90 min of sleep
- Sleep terrors last up to 20 min per episode
- There are 80+ types of sleep disorders
- Most common sleep disorder is insomnia
- Sleep apnea is another common sleep disorder



### References:

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