

Quiz: Only a genius can find the number 20 in this 'sea' of number 2 in less than 6 seconds

This brain teaser may seem easy at first, but it's actually harder than you think! Hidden behind a number 02 is the number 20 waiting to be discovered.

This brain teaser may seem easy at first, but it's actually harder than you think! **Hidden behind a sea of ??02s is the number 20, waiting to be discovered.** It sounds easy, but most people can't figure it out in less than six seconds.

In fact, only 2% of people can do it in this short amount of time, making it a real challenge. If you can figure out the number 20 faster than most people, you definitely have bragging rights!



If you still can't figure it out, don't worry. Here's another hint: the number 20 is nine rows down, somewhere in the middle row of the number board. If you like your puzzles to stay intact, look away now because we're about to reveal the answer.



Why are brain teasers like this so effective at keeping your mind sharp? Timed brain teasers help improve cognitive abilities, enhance memory, and increase focus and attention. Many people use brain teasers as a way to keep their minds active; others believe that consistent brain training can slow the onset of dementia.

Speeding up the challenge is even more beneficial for the individual because it increases mental agility and focus. Practice can develop cognitive abilities, make the mind more agile, and in some cases, even help the individual solve problems. It's not just children who benefit, but adults too: they can exercise their minds by solving puzzles.

Scientific evidence is only growing on the benefits of brain training. Scientists have proven that solving jigsaw puzzles repeatedly contributes to improving mental speed, protecting memory and attention.

Additionally, these activities are thought to reduce the risk of cognitive decline as we age, making them a great way to stay sharp throughout your life. So the next time you encounter a tricky puzzle, take up the challenge and exercise your brain; it's a fun and effective way to stay sharp!

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