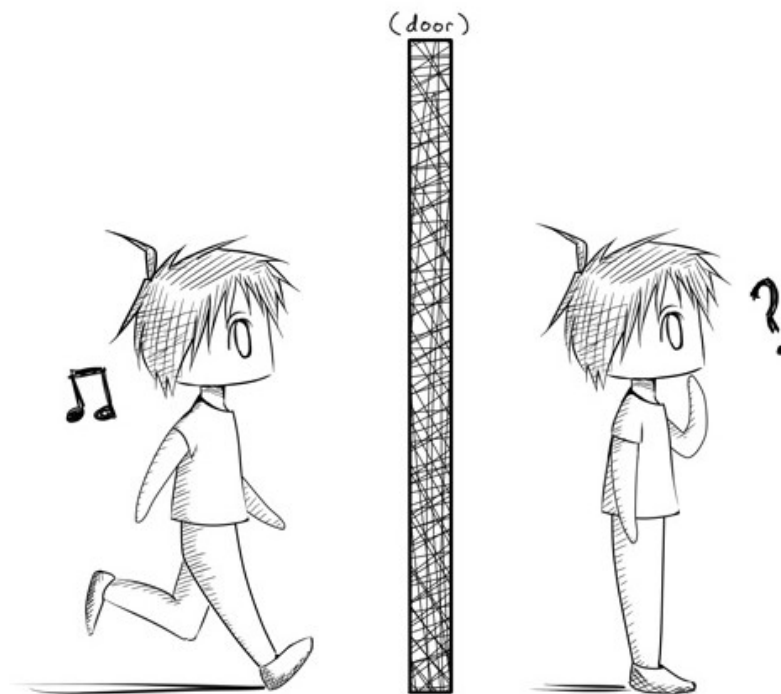


Science explains the cause of the phenomenon that has just left the door to forget what to do that many people have

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Most of us have ever encountered a situation of leaving the door or going from one room to another without remembering where we were going, what to do. Is this a warning sign of some disease such as dementia?

If so, you don't need to worry, it's a normal phenomenon caused by the brain's memory mechanism.



And it sounds strange, but it is through the doorways that cause your brain to lose memory. Scientists call this short-term memory loss "door effect" (Doorway Effect).

At the same time, the amount of information that the brain needs to process is extremely large, so it cannot store all the information. Therefore, the brain reserves information in order of priority.

When people walk through the doorway, they enter a new situation, the brain records things in that context. The brain may assume that the previous information will no longer be important and delete it to prepare new information.

In addition, the brain normally remembers information with a series of broken episodes rather than a continuous event. Therefore, stepping through a doorway will cause the connection between the memories to be lost and make you forget your original purpose.



Scientists have also proven that even if you only imagine that you're walking through a doorway, it will be affected by the " *door effect* ".

Even the researchers realized that if, while telling a story full of intriguing details, you insert the phrase "A few hours later ." it is very likely that you will suddenly forget where I am talking. According to them the reason is that the phrases that incorporate a time limit between events will also create a separation in memory similar to a doorway.

In summary, the loss of temporary memory is a normal phenomenon and occurs quite commonly. So if you can't remember what you're trying to do before walking through the door or going from room to room, there's no need to worry. Then sometimes your memories will come back.

1. Surprise with proof that we sleep is to forget

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