Passwords. They've become the bane of our lives, right?

Everything needs a password; they need to be complex in order to be strong and somehow we're expected to remember them all.

From the good old days when we all used our pets' names as passwords... admit it, you did… we're now constantly reminded to combine small letters, capitals, symbols, numbers... all of this leads to passwords that are secure, but usually incredibly hard to remember. The password on the back of my home wireless router is gR70Wx1sRtL, for instance – not exactly memorable.

But, there may be an alternative solution that will make all of our lives easier.

You're probably familiar with a system called 'what three words'. This is a geographical positioning system that notionally divides the entire glob into three metres by three metres grid squares. Each one is identified using noting more than a unique string of three words. As an example, the front door to the Houses of Parliament can be found at 'pretty.needed.chill'. I bet you didn't know that.

Over the entire globe, as you can imagine there are very many 3 metre squares – in fact there are 57 trillion, and combining three random English words generates enough permutations to cover all of these squares, and more.

But what does this have to do with passwords? Well, if three random words can generate more than 57 trillion permutations, that's not a bad start. Then, we substitute the full stops for memorable numbers, or letters (because many passwords require these) and the permutations start to become even greater. So as an example, pretty.needed.chill becomes pretty3needed!chill. Adding in those numbers / symbols and using any three of the English language's estimated 17,146 words, provides 408,294,450,479,016 permutations.

Even though that's a vast number, you should still use something stronger for your most important services such as your banking, but for non-critical applications, such as your home wireless router, this could be good enough.

So whilst we still have to invest a moment of our time and use our imaginations to find a way to remember the three words, is that not very much simpler, and are we not way less likely to make a mistake typing it, than something like gR70Wx1sRtL ?

A final word on passwords, remember that if you want to be really secure, avoid being tempted to name your dog gR70Wx1sRtL….