Sessions

start new	tmux
start new with session name	tmux new -s myname
start new with attach	tmux a # (or at, or attach)
start new with attach to name	tmux a -t myname
list sessions	tmux ls or :ls
detach	prefix + d
kill session	tmux kill-session -t myname

Window / Tabs

create window	c
list windows	w
next window	n
previous window	p
find window	f
name window	,
kill window	&

Resize

Resizes the current pane down	D
Resizes the current pane up	U
Resizes the current pane left	L
Resizes the current pane rigth	R

Panes / Splits

vertical split	%
horizontal split	"
swap panes	o
show pane numbers	q
kill pane	x
toggle between layouts	space
Move the current pane left	{
Move the current pane right	}
toggle pane zoom	z