

Investigating sleep mechanisms and function in the human model

In most research fields, human research offers the unique opportunity to draw on the subjective experience of its subjects. However, it often lacks the methods to causally relate this experience to the underlying neurobiological mechanisms. In my talk, I will discuss some key strengths of the human model for inferring sleep mechanisms and function, as well as the main limitations of the approach and current methodological developments aiming to overcome them. Finally, I will give examples for the fundamental insights into the role of sleep for cognitive function generated by research in humans.