

Human Basic - Year in Review

How does the sleeping brain, in the absence of external stimulation or conscious effort, control neuronal communication and memory consolidation? In this talk, I will first present recent findings from intracranial sleep recordings in humans, highlighting the role of synchronised sleep rhythms (slow oscillations, spindles and ripples) in controlling memory processes. I will then discuss tools to harness these insights in an effort to improve overnight memory retention, including closed-loop targeted memory reactivation.