



# Introduction and Welcome

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PUBLICATION DATE

6/6/2019

ABSTRACT

*From an interdisciplinary perspective including neuroscience, medicine, humanities and the arts, this conference aims to (1) advance and disseminate scientific knowledge on how specific sleep processes promote memory consolidation; (2) encourage new approaches to the importance of dreams and sleep in science and the arts| (3) benefit society by promoting awareness of good sleep habits and their effects on cognitive well-being.*



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