

# Sleep and Memory - Program

Institut d'études avancées de Paris, France

## TO CITE

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## ABSTRACT

*Sleep and Memory. Paris IAS, 6-7 June 2019 - Program*

## Program

### 6 June 2019

**9:00 Gretty Mirdal** (Paris IAS): Introduction and welcome

**9:15 Itzhak Fried** (UCLA/Tel-Aviv University): Memory and Sleep- New challenges

### Session 1 : Cognition during Sleep

**09:30 Sid Kouider** (CNRS-ENS): How much thinking is going on in the sleeping brain ?

**10:00 Yuval Nir** (Tel-Aviv University): Neuronal information processing during sleep

**10:30** Discussion

### Session 2 : Enhancement and Inception (Part I: Rodents)

**11:30 Michael Zugaro** (CNRS-Collège de France): Modulation of memory during sleep

**12:00 Marie Lacroix** (ESPCI Paris Tech - Cog'X SAS): Changing the mind of mice : Inception of memories during sleep

**12:30** Discussion

### Session 3 : Enhancement and Inception (Part II: Humans)

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**14:30 Delphine Oudiette** (ICM): Learning when our brains are off-line

**15:00 Itzhak Fried** (UCLA/TAU): Enhancing human memory- From single neurons to clinical translation

**15:30** Discussion

#### **Session 4 : Dreaming (Part I)**

**16:15 Mark Blagrove** (Swansea University): The relation of dreaming to memory consolidation during sleep

**16:45 Mark Blagrove, Julia Lockheart** (Swansea University): Dream appreciation and revisiting dreams by artwork

**17:30** Discussion

**7 June 2019**

#### **Session 5 : Dreaming (Part II)**

**09:00 Francesca Siclari** (UNIL-CHUV): The dreaming brain

**09:30** Discussion: Neural intersections of dreams, memory and consciousness

#### **Session 6 : In Search of Lost Sleep**

**10:00 Antonio Perciccate** (Gorizia Hospital): Genius, Memory and Sleep : the Cases of M. Proust and F. Kafka

**10:45 Eus Van Someren** (Netherlands Institute for Neuroscience): Insomnia and Emotional Memory

**11:15 Geraldine Rauchs** ( Inserm-Caen University): Sleep quality, Cognition and Aging

**11:45 Itzhak Fried and Yuval Nir** (UCLA, TAU): Neuronal lapses during sleep deprivation

**12:15** Discussion