

Memory and Sleep - New Challenges

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TO CITE

Fried, I. (2019). Memory and Sleep - New Challenges. In *Proceedings of the Paris Institute for Advanced Study* (Vol. 7). https://paris.pias.science/article/SLEEP_2019_03_introduction

PUBLICATION DATE 06/06/2019

ABSTRACT

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

From an interdisciplinary perspective including neuroscience, medicine, the humanities and art, the meeting aims at (1) advancing and disseminating scientific knowledge on how specific sleep processes aid memory consolidation (2) inspiring science and arts to adopt new approaches to the importance of sleep and dreams (3) benefiting society by promoting awareness for good sleep habits and their effect on cognitive well-being.



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