

HAVE A READ OF THESE **INTERESTING FACTS** ABOUT
MANY **DIFFERENT ASPECTS OF THE BRAIN...**

FUN FACTS about THE BRAIN



Physical Attributes

Some interesting bits of information about the physical make-up of the human brain.

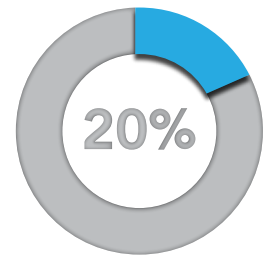
- The weight of the human brain is about 3 lbs, 75% of which is water.
- Your brain consists of about 100 billion neurons.
- There are anywhere from 1,000 to 10,000 synapses for each neuron.
- There are no pain receptors in the brain, so the brain can feel no pain.
- The human brain is the fattest organ in the body.



Brain Function

From the invisible workings of the brain to more visible responses such as yawns or intelligence, find out how the brain functions with these facts.

- Your brain uses 20% of the total oxygen, and 20% of blood in your body.
- If your brain loses blood for 8 to 10 seconds, you will lose consciousness.
- The brain can live for 4 to 6 minutes without oxygen, and then it begins to die. No oxygen for 5 to 10 minutes will result in permanent brain damage.



The Developing Brain

Starting from within the womb, fetal brain development begins the amazing journey that leads to a well-developed brain at birth that continues to grow for 18 more years.

- At birth, your brain was almost the same size as an adult brain and contained most of the brain cells for your whole life.
- Your brain stops growing at age 18.
- The cerebral cortex grows thicker as you learn to use it.
- A stimulating environment for a child can make the difference between a 25% greater ability to learn or 25% less in an environment with little stimulation.
- The capacity for such emotions as joy, happiness, fear, and shyness are already developed at birth. The specific type of nurturing a child receives shapes how these emotions are developed.



Psychology of the Brain

From tickling to tasting to decision-making, find out how the brain affects what you experience.

- You can't tickle yourself because your brain distinguishes between unexpected external touch and your own touch.
- Without any words, you may be able to determine if someone is in a good mood, is feeling sad, or is angry just by reading the face. A small area in the brain called the *amygdala* is responsible for your ability to read someone else's face for clues to how they are feeling.
- Women tend to take longer to make a decision, but are more likely to stick with the decision, compared to men, who are more likely to change their mind after making a decision.



Source: <http://www.nursingassistantcentral.com/blog/2008/100-fascinating-facts-you-never-knew-about-the-human-brain/>

This document was created by Coco Bernard, in her capacity as the Executive Research Officer at Step Back Think. This information should not be altered or reproduced without her permission. She can be contacted via email on coco@stepbackthink.org

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5 minutes

after a dream, half of the dream is forgotten.

10 minutes

after a dream, over 90% is forgotten.

Write down your dreams immediately if you want to remember them.



Dreams and Sleep

The amazing world of dreams and what happens during sleep is a mystery rooted in the brain. Learn interesting facts about dreams and sleep in this list.

- Just because you don't remember your dreams doesn't mean you don't dream. Everyone dreams!
- Most people dream about 1-2 hours a night and have an **average of 4-7 dreams** each night.
- Studies show that brain waves are more active while dreaming than when you are awake.
- Dreams are more than just visual images, and blind people do dream. Whether or not they dream in pictures depends on if they were born blind or lost their vision later.
- Some people (about 12%) dream only in black and white while others dream in colour.
- While you sleep, your body produces a hormone that may prevent you from acting out your dreams, leaving you virtually paralyzed.
- If you are snoring, you are not dreaming.
- You are much more likely to remember your dream if you are awakened during it, rather than in the morning.
- Japanese researchers have successfully developed a technology that can put thoughts on a screen and may soon be able to screen people's dreams.
- **Caffeine works to block naturally occurring adenosine** in the body, creating alertness. Scientists have recently discovered this connection and learned that **doing the opposite—boosting adenosine—can actually help** promote more natural sleep patterns and help eliminate insomnia.



Famous Brains

People have always been fascinated with the brains of famous people. Find out what experts know about these famous brains.



Albert Einstein | Einstein's brain was similar in size to other humans except in the region that is responsible for math and spatial perception. In that region, his brain was 35% wider than average.



London taxi drivers | Famous for knowing all the London streets by heart, these drivers have a larger than normal hippocampus, especially the drivers who have been on the job longest. The study suggests that as people memorize more and more information, this part of their brain continues to grow.



Oldest brain | A brain thought to be 2000 years old was unearthed just recently at the University of York in northern England.



Babe Ruth | The Babe was tested by two Columbia psychology students and was determined to be working at 90% efficiency compared to the 60% efficiency measured for most people.



Daniel Tammet | Daniel Tammet is an autistic savant who, since the age of three when he suffered an epileptic seizure, has been able to perform astounding mathematical computations, knows seven languages, and is developing a language of his own.



Keith Jarrett | This jazz musician was discovered at age 3 to have perfect pitch, which scientists can pinpoint in the right frontal lobe.

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