

Brain research notes:

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Brain Hemorrhage:

- hemo: blood
- blood in brain pools into edema
 - o becomes mass called hematoma, pressures or kills nearby brain cells
- left temporal lobe: aggression
- cerebellum: movement
- hippocampus: memory ***
- frontal lobe (?): verbal expression + movement
- parietal lobe: object classification

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- game idea: customizable word puzzle
- info tab idea: general tips for a healthy mind
 - o diet, exercise, tech, sleep
- memories of different senses stored in different parts of the brain
 - o ie smell stored in one part, touch in another
- hippocampus helps make memory, not necessarily store them
- practice can create neural pathways?
- passive obliviscence: memory fading over time
 - o neurons from different memories in theory could overlap and corrupt both memories
- targeted forgetting: memory pruning - happens during sleep
- motivated forgetting: intentional forgetting
 - o internal and external?
 - o parts of memory blocked out
- memory is finite

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- brain games rely on neuroplasticity: connections between neurons in brain can adapt and change
 - o placebo effect?
 - o not consistent
- user may improve at game, but cognitive skills may not carry over into life
 - o games directly applicable to life is best
 - o ^specialize
 - o can't hurt