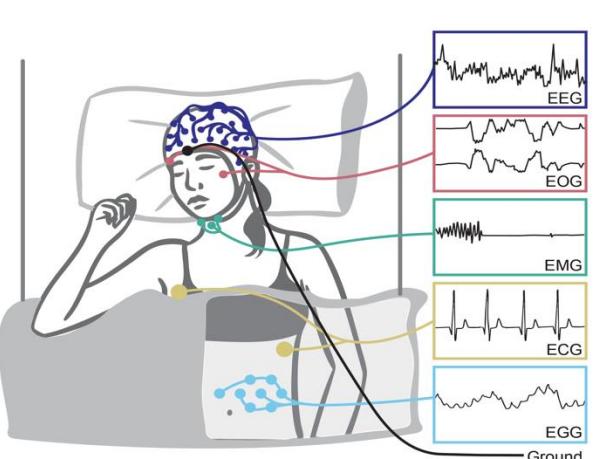
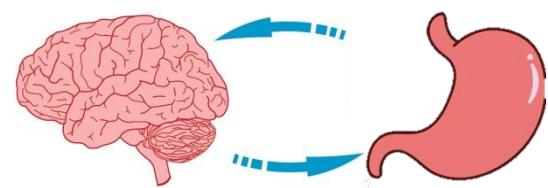


# Simultaneous stomach-brain electrophysiology reveals dynamic coupling in human sleep

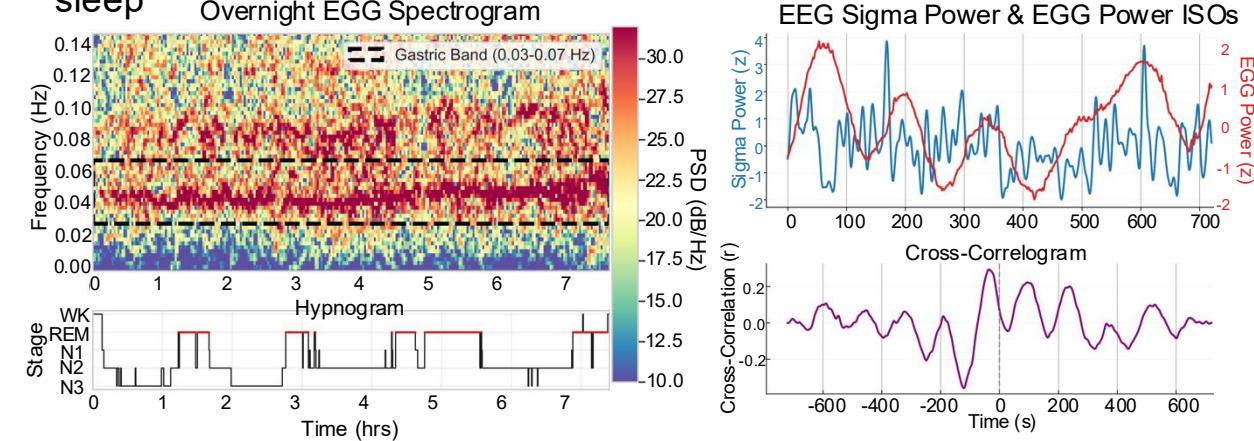
Akshita A. Rao, Mackenzie Fredericks, Martin Dresler, Ignacio Rebollo, Jamie M. Zeitzer, Sarah F. Schoch, Todd P. Coleman

How do peripheral rhythms interact with brain waves during sleep?



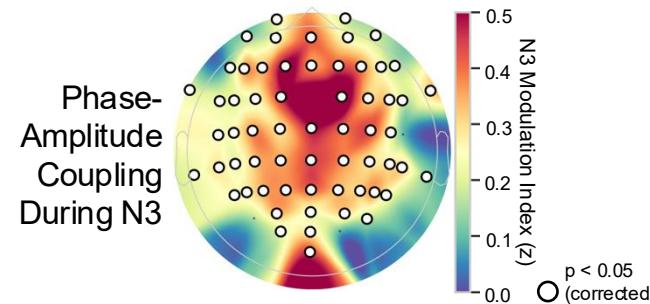
## 1) The Human Stomach Demonstrates Sustained Power & Infraslow Rhythmicity Overnight

Gastric rhythms track EEG sigma power fluctuations during NREM sleep



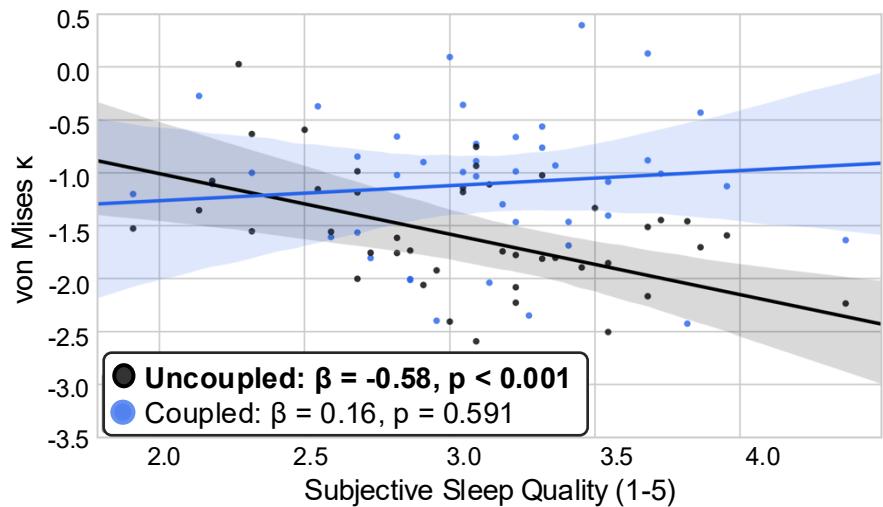
## 2) Stomach-Brain Coupling is Strongest During Deep Sleep

Coupling strength is globally organized, with strongest effects in N3 sleep



## 3) Functionally Relevant for Subjective Sleep Quality

Greater gastric phase alignment → worse subjective sleep quality



**Impact:** The stomach may contribute to the regulation of sleep quality & continuity, serving as a novel biomarker of restfulness

Check out our poster & preprint!  
**PSTR403, Board DD6!**

**Session:** Kinematics of Sleep-Arousal States: Human & Non-Human Primate  
**Time:** Wednesday, 11/19, 8-12pm

