Targeted Memory Reactivation During Sleep with Odours: A Prospective Alcohol Use Disorder Extinction Method

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Background

During sleep, memories are reprocessed and transformed offering a unique opportunity to manipulate them. [1]

Odours can play a major role in accessing and manipulating memories that are replayed during sleep.

Addiction develops through basic reward memory mechanisms that enhance learning and maintenance of maladaptive behaviour.

Aim: Extinguishing addiction memory by targeted reactivation cues presented during sleep via olfactory stimuli presentation

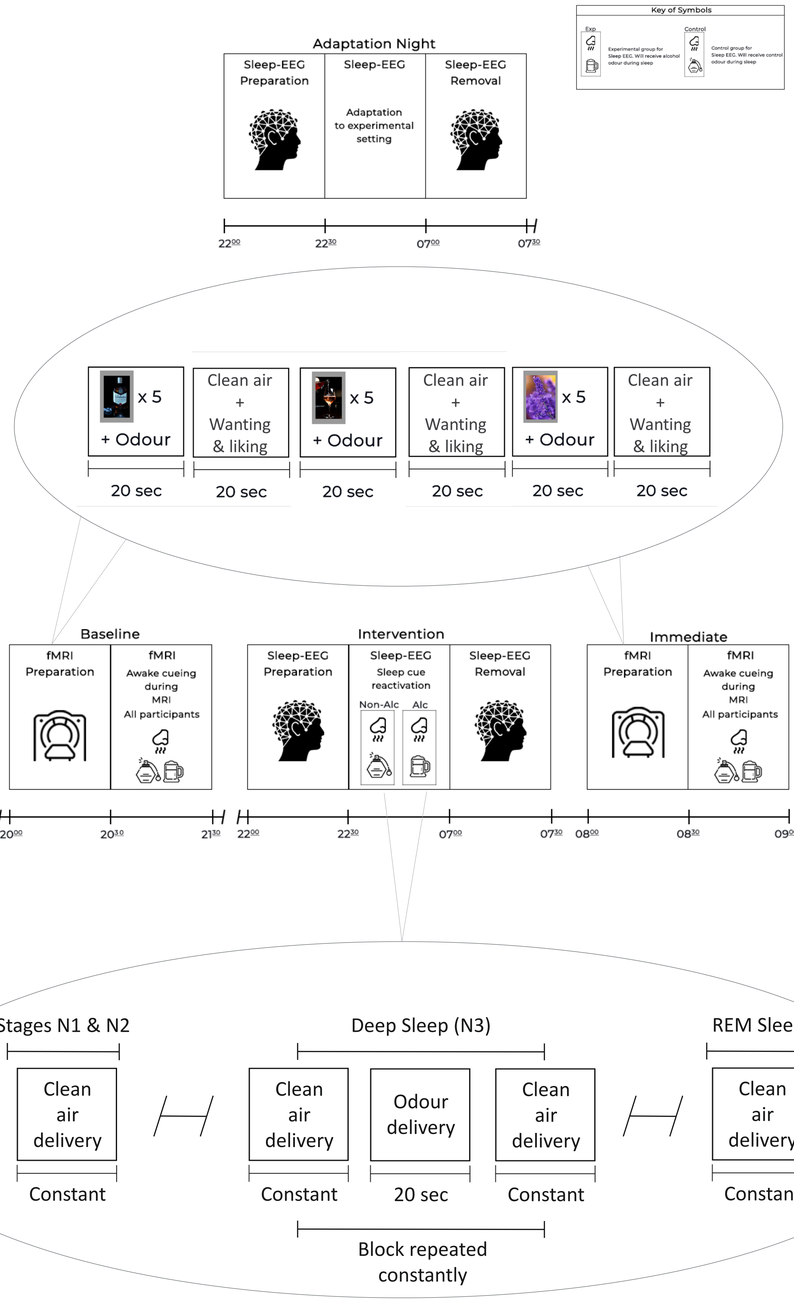
Experimental Timeline Proposal

Participants
asdasdas

Assessment of scale conceptions
asdasdad

Experimental stimuli
asdadas

Experimental Timeline Prototype



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Discussion

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Literature

[1] G. B. Feld and J. Born, “Neurochemical mechanisms for memory processing during sleep: basic findings in humans and neuropsychiatric implications,” Neuropsychopharmacol., Aug. 2019.

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