### **REVIEW**



## Navigational roots of spatial and temporal memory structure

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#### **Abstract**

Our minds are constantly in transit, from the present to the past to the future, across places we have and have not directly experienced. Nevertheless, memories of our mental time travel are not organized continuously and are adaptively chunked into contexts and episodes. In this paper, I will review evidence that suggests that spatial boundary representations play a critical role in providing structure to both our spatial and temporal memories. I will illustrate the intimate connection between hippocampal spatial mapping and temporal sequencing of episodic memory to propose that high-level cognitive processes like mental time travel and conceptual mapping are rooted in basic navigational mechanisms that we humans and nonhuman animals share. Our neuroscientific understanding of hippocampal function across species may provide new insight into the origins of even the most uniquely human cognitive abilities.

**Keywords** Boundary · Hippocampus · Spatial navigation · Temporal · Episodic memory

#### Introduction

Descartes is often cited and sometimes disdained for his philosophical doctrine of mind-body dualism (Descartes 2008). However, the introspective observation that our minds, unlike our bodies, are not physically constrained and therefore must be distinct and separable from it is entirely relatable, as the flexible mental travel across time and space is a universal human experience. Fortunately, the fact that we can mentally traverse back to the days of our youth growing up in our hometown thousands of miles away, or that we can imagine soaring at the speed of light around the gaseous rings of Saturn, no longer invokes a belief in spirits and souls escaping our physical bodies and can now be explained through our scientific understanding of cognition.

Cognition is what used to be referred to as the "black box" between sensory stimulation and action—the representation, transformation, and storage of information that guides adaptive behavior (Shettleworth 2001). The original formulation of the cognitive map theory (Tolman 1948) was revolutionary because of its suggestion that humans and nonhuman animals alike have mental representations of the

In addition to various compelling early demonstrations of cognitive processes in humans, such as mental rotation (e.g., Shepard and Meltzer 1971) and studies of animal cognition that allowed us to directly measure neural activity (e.g., Georgopolous et al. 1989), research in the field of spatial navigation played a critical role in deepening our understanding of the mind and its shared neural basis across humans and nonhuman animals (O'Keefe and Nadel 1978). The study of spatial cognition has come a long way since then; this review will provide an overview of the comparative literature on the neurocognitive basis of spatial mapping and consider the theoretical view that evolutionarily ancient navigational mechanisms support even the most abstract cognitive abilities, such as episodic mental time travel and the organization of conceptual maps (Epstein et al. 2017; Bellmund et al. 2018). Specifically, I will propose that spatial boundaries, in particular, directly serve to structure and chunk our continuous experiences into discrete



world around them from which they can compute locations and trajectories that they have never physically experienced before. Unlike principles of behaviorism that emphasized learned associations between perceived stimuli and their outcome (e.g., Watson 1913), cognitive models of the mind highlighted the fact that we can store, activate, and manipulate information internally, even in the absence of a physical stimulus or the need for an immediate behavioral response (e.g., Gallistel 1990).

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and meaningful contexts that, in turn, influence the way we organize our episodic memories.

# Mental spaces and their neural representation across vertebrates

Spatial navigation provides a unique window into cognition, due to its ecological validity and the importance of long-term storage and computation of spatial information at a distance. Because our destinations are often perceptually inaccessible when we first set out on our journey, whether we successfully reach it relies heavily on our mental representation—a cognitive map—of the environment based on our memory of previous journeys and our ability to adaptively use that representation to guide us to our goals.

The discovery of the hippocampus as the seat of the cognitive map (O'Keefe and Nadel 1978) and the large body of evidence that vertebrates ranging from fish to humans share this common physiological basis for spatial memory (Rodriguez et al. 2002) opened up an era of crossdisciplinary exchanges of ideas and scientific progress. For the past several decades, animal and human researchers alike have made a concerted effort to reveal the detailed neural mechanisms underlying spatial navigation and memory (e.g., Bellmund et al. 2018; Burgess et al. 2007; Eichenbaum 2017). Research on the rodent hippocampus has resulted in an immense amount of scientific knowledge on spatial representations at the single cell level, culminating in the Nobel Prize to John O'Keefe, May-Britt Moser, and Edvard Moser in 2014 (Burgess 2014). The four main spatially specific cells identified are place cells that respond when the animal is at a single preferred location within an environment (O'Keefe and Dostrovsky 1971), head direction cells that respond whenever the rat is facing a particular direction (e.g., with respect to distal visual cues) (Taube Muller and Ranck 1990a; b), grid cells that response at multiple locations in the environment in a hexagonal grid-like pattern (Hafting et al. 2005), and boundary/border cells that respond whenever the rat is a particular direction (and in some cases distance) from extended boundary-like environmental structures (Solstad et al. 2008; Lever et al. 2009). Although the evidence is far less extensive in other species, similar representations of space at the single-neuron level have been discovered in bats (e.g., Yartsev and Ulanovsky 2013), birds (e.g., Siegel et al. 2005; Payne et al. 2021), monkeys (e.g., Hori et al. 2005) and humans (e.g., Ekstrom et al. 2003).

Unlike the controversy over the exact role of grid cells on hippocampal place coding (e.g., Brandon et al. 2014; Bush et al. 2014; Schlesiger et al. 2018), there is a general consensus on the importance of boundary representations

and their influence over both place cells (O'Keefe and Burgess 1996) and grid cells (Fyhn et al. 2007; Hardcastle et al. 2015; Krupic et al. 2015; Stensola et al. 2015). For instance, neural recordings in rat pups showed that the development of boundary cells occurs at the same time as place cells and earlier than grid cells (Bjerknes et al. 2014; Wills Muessig and Cacucci 2014), suggesting that the hippocampal place map relies more heavily on boundary cells rather than grid cells, especially in early development. Moreover, when the cognitive map cannot be anchored to a directional cue (e.g., distal landmarks)—whether it is due to damage or inactivation of the head direction system (Harland et al. 2017), inertial disorientation (Knight et al. 2011; Keinath et al. 2017), or unfamiliarity with the environment (Spiers et al. 2015; Grieves et al. 2017)—environmental boundaries have been shown to exert control over the orientation of the hippocampal map.

In the now famous reorientation paradigm first developed by Ken Cheng (1986), disoriented rats searched for previously found food in locations geometrically symmetrical to the target (defined by the rectangular environmental layout) about half of the time, despite the presence of other visual and olfactory (non-boundary features) cues that broke the room's symmetry. This effect was strongest in "workingmemory"-type tasks that do not involve repeatedly reinforced training at a particular goal location (Cheng 1986). Similar results were obtained with mice (Fellini et al. 2006; Lee et al. 2015a, b, c). When place cells were recorded while animals (mice in this case) performed such a reorientation task, ensembles of hippocampal cells were not only misoriented according to the symmetry of the testing space, their activity was sufficient to predict the animals' behavioral response on a trial-by-trial basis (Keinath et al. 2017), implying that our cognitive map is comprised of boundarybased neural representations of the environment.

Boundary-dependent spatial navigation behaviors have been documented beyond just rodents but across a wide range of animal species, resulting in a treasure trove of comparative studies and converging evidence across the vertebrate phylogenetic tree (Lee 2017). Like rodents, birds (e.g., Kelly et al. 1998) and fish (e.g., Sovrano et al. 2003; see Baratti et al. 2022 for review) exhibit a strong influence of boundary geometry on spatial reorientation behavior. Moreover, just as in rats (Cheng 1986), this effect is stronger in spontaneous, working-memory tasks, with landmarks increasingly contributing to behavior with learning (Vallortigara et al. 1990). Such studies suggested that shared brain structures such as the hippocampus may underlie the shared patterns in boundary-dependent behavior (e.g. Vargas et al. 2004; Fotowat et al. 2019; Mayer et al. 2016; Mayer et al. 2018).

The widespread nature of boundary dependence and its documentation in toddlers and preschool children caught the



interest of developmental researchers in the late 1990s and 2000s as a topic of debate over nature vs. nurture (Newcombe and Ratliff 2007; Spelke 1994; Vallortigara 2009). Children's boundary-based spatial memory shows an impressive early emergence in infants and toddlers (Garrad-Cole et al. 2001; Hermer and Spelke 1994; 1996; Lee Winkler-Rhoades and Spelke 2012), and geometric error patterns (and failure to use non-boundary features and landmarks to disambiguate between symmetric corners) persists until the age of about 5 or 6. Such errors committed even by human adults under certain situations (e.g., verbal shadowing (Hermer-Vazquez et al. 1999; Ratliff and Newcombe 2008), as well as boundary-specific signals in the human brain (Doeller et al. 2008; Lee et al. 2018; Shine et al. 2019).

Such specificities in boundary representations in humans, in turn, stimulated animal researchers to explore questions regarding the origins of spatial cognition in ways that are not possible with human babies. This back-and-forth exchange of ideas and experimental findings kindled a continuing cross-disciplinary debate among researchers on the domain-specificity of the mind, the evolution of cognitive processes, and what it truly means (or not mean) for a cognitive ability to be uniquely human (Spelke and Lee 2012).

## Boundaries help structure perceptual space

What constitutes a boundary, and what function does it serve in memory? Despite their importance to hippocampal representations, there is not yet a clear definition of what boundaries are, perceptually or functionally. Nevertheless, over the years, various researchers have continued to chip away at this question, bit by bit. The initial discoveries on boundary-based behavior and boundary-coding cells reviewed above were observed only with respect to the walls of the experimental arena—the boundaries of the testing space itself. From such findings, several hypotheses were cast as to what are the critical properties of walls such that they weigh in so heavily on our spatial memory. One class of theories claimed that boundaries are important because they define the surrounding navigable space and that they are obstacles to locomotion (Kosslyn et al. 1974; Muller and Kubie 1987): because walls are affordances to movement, they are important for action and must be mentally noted as such. A second class of theories posited that walls are the most visually salient properties of the environment (i.e., creating highly contrasting edges in the visual field) and that processes such as view matching (Cheng 2008; Sheynikohvich et al. 2009) are naturally biased to be guided predominantly by the salient cues while ignoring others that are not as salient (e.g., wall color, small objects etc.). A third class of theories claimed that boundaries are not important in any intrinsic way but learned over the course of development to be the most stable and useful features of the environment (Newcombe and Ratliff 2007; Xu et al. 2017). These theories emphasize the idea that what is better and more adaptive is weighted more heavily in determining behavior.

Although all of the above views regarding perceptual salience and experienced reliability may be partially true, that does not seem to be the whole part of the story. A series of experiments over the past decade conducted across a variety of species (e.g., chicks, fish, human children, and adults) and environmental conditions have shown that limits or obstacles to movement are neither necessary nor sufficient to elicit boundary-based mapping. For instance, numerous studies on young children and nonhuman animals (i.e., chicks and fish) failed to extract spatial information from a geometric array of objects (Gouteux and Spelke 2001; Lee Shusterman and Spelke 2006; Lee and Spelke 2010a, b; Lee et al. 2012; Lee et al. 2013; Lee et al. 2015a, b, c) or columns (children: Lee and Spelke 2008, 2010a, b, 2011; chicks: Lee et al. 2012; fish: Lee et al. 2015a, b, c), not even when they are closely aligned to prevent movement through them (children: Gianni and Lee 2018), nor when a string is tied around the array to demark the boundary (children: Lee and Spelke 2011). And yet, subtle hill-like terrains (children: Lee and Spelke 2011, chicks: Lee et al. 2012), traversable short walls (children: Lee and Spelke 2008, 2011, 2012; Lourenco and Huttenlocher 2006; Ferrara et al. 2019), chicks: Lee et al. 2012), visual virtual boundaries (including droplike edges) (human adults: Lee et al. 2018; Negen et al. 2020; Julian et al. 2016; Peer and Epstein 2021), and even perhaps a visual illusion of boundaries at different distances (mice: Twyman et al. 2009; children: Huttenlocher and Lourenco 2007, Lee et al. 2012) guided spontaneous place-finding behavior. These environmental conditions varied widely in their visual salience and were sometimes intentionally designed to make the object arrays and 2D stimuli provide stronger brightness contrasts than the boundary conditions (e.g., Lee and Spelke 2011; Lee et al. 2012). But, even 2 cm-high light-colored "boundaries" against a light-colored floor sufficed, providing no empirical support in favor of accounts based entirely on low-level visual salience.

These studies showed that the critical properties of successful boundary utilization in both children and nonhuman animals consisted of 3D, opaque, extended surfaces (not freestanding objects). And while this characterization is not mutually exclusive with adaptive learning theories (clearly, spatial behavior is also subject to learning), the proficiency of controlled-reared chicks and fish in boundary-based navigation (Brown et al. 2007; Chiandetti and Vallortigara 2010) and the early development of boundary cells in rat pups on their first days shortly following eye-opening (Bjerknes et al. 2014) suggest that, while



boundary representations may have been evolutionarily adaptive for the very reasons described above (e.g., stability, reliability), adaptive *learning* cannot be the main driver of their early effects on spatial cognition. Moreover, adult human failures to discriminate between real and illusory boundaries in their behavioral search patterns (Negen et al. 2020) reveal that even as adults our adaptively learning is not immediate.

Although the hippocampal spatial map is generally thought of as modality-free, the interpretation that is most consistent with the data is that what we have been referring to as boundaries are actually visual representations of environmental structure (i.e., terrain). In fact, simple reorientation studies have demonstrated that transparent walls are difficult to use for spatial mapping in both younger children (Gianni et al. 2018) and nonhuman animals such as fish (Lee et al. 2013). Neuroimaging studies have shown that the geometric structure of scenes is represented in both the parahippocampal and occipital scene-processing regions of the human high-level visual cortex (Park et al. 2011; Ferrara and Park 2016), and spatial cognitive deficits in neurological disorders such as Alzheimer's Disease or Williams Syndrome are also associated with visual boundary-processing deficits (Bird et al. 2010b; Ferrara et al. 2019; Julian et al. 2016). The visual representation of the 3D terrain has been reported to occur even in the occipital cortex and plays a causal role in navigation (Julian et al. 2016). In both rodents and human epilepsy patients, visual boundaries in virtual navigation tasks are sufficient to elicit boundary-specific responses in the hippocampal formation (boundary cells in mice: Aronov and Tank 2014; human intracranial recordings: Lee et al. 2018; human fMRI: Shine et al. 2019). Some boundary-coding neurons in the rodent subiculum have been shown to fire not just at the boundaries but also from a range of distances away from them (Lever et al. 2009; Stewart et al. 2013). In some cases, such representations are memory-driven and are activated even in the absence of the physical stimulus itself (Poulter et al. 2021).

Visual representation of boundaries allows animals to map out the space without having to actively transverse the environment. In fact, it seems hardly adaptive for an animal who has vision not to use it to map out its surroundings from a distance. Mapping space means that geometric relations are extracted, rather than just stored as a visual template of the scene: in other words, when we look out into the vast space before us, its visual boundary structure allows us to divide it into smaller regions and places. We may adaptively utilize this organization or chunking of continuous spaces to induce a switching of hippocampal "maps" when we cross a boundary to a new "context" (Brunec et al. 2018; Muller and Kubie 1987; Savelli et al. 2008). This chunking of space may induce a characteristic trade-off between efficiency and precision. For instance, memories formed on the same side

of a boundary may be better associated with one another (e.g., Horner et al. 2016a, b), while traversing a boundary in the middle of a sequence of events may perturb memory at the point of crossing (e.g., Radvansky and Copeland 2006).

## Navigational basis of episodic space and time

So far, we have laid out a mechanism by which animals and humans alike use perceptual boundary layouts to map continuous space into discrete locations. Given the intimate connection between spatial mapping and episodic memory, however, could boundary representations also help structure our continuous temporal experiences into discrete points in time as well?

Although much of the literature fails to make this distinction explicit, an important difference between mapping out relative spatial locations and actual navigation is that navigation requires the binding of space (e.g., places) across time. Over the years, animal researchers have heroically shown that the basic what-where-when binding that characterizes episodic memory is not a uniquely human ability but a widely shared cognitive function that serves an adaptive purpose across a variety of species (see Clayton et al. 2001; Crystal 2010 for review). Electrophysiological studies in the rodent hippocampus have shown that some hippocampal place cells are also "time cells" which exhibit a preferred temporal firing field rather than just a spatial one (Eichenbaum 2014). More recent findings of cells in the entorhinal cortex show a variety of firing patterns, such as ramping up or down of firing rates or a context-dependent phasic increase across time, sometimes "resetting" its timing with a change in spatial context (Tsao et al. 2018). Converging evidence for temporal information coding has been reported in the human medial temporal lobe (Bellmund et al. 2019; Montchal et al. 2019). Such findings, in combination with the vast literature on sequential place cell replay and preplay (see Foster 2017 for review) implies that rodents may also be able to both cognitively re-experience and plan spatiotemporal events through the sequential activation of hippocampal place cells, even in the absence of movement.

The sequential activation of memories has been proposed to be fundamental to the role of the hippocampus in episodic mental simulation (Buzsáki and Tingley 2018). One study with young children showed that in a task involving the sequential placement of objects into boxes distributed around the testing space, even 3-year-old children can pick out the correct boxes and the correct objects (i.e., recognition memory) but perform very poorly at putting them in the correct order (i.e., what-where-when episodic memory) (Mastrogiuseppe et al. 2019). Interestingly,



young children first develop the ability to reliably bind together a sequence of locations (where-when) several years before they can recall the sequence of objects (whatwhen), which occurs around the age of 6 when they are also able to bind together the entire what-where-when sequence (Lee et al. 2015a, b, c). Around 6 years is the age when children begin to exhibit signs of adult-like episodic memory (e.g., using various measures of associative memory and autobiographical memory), and this change is attributed to the maturation of the hippocampus and its connectivity with the prefrontal cortex (DeMaster and Ghetti 2012; Blankeship et al. 2016; Olson and Newcombe 2014). This point in development is also, and probably not coincidentally, the same age at which children begin to show flexibility in their boundary representations, reliably incorporating landmarks (Hermer and Spelke 2016; Learmonth et al. 2003), object arrays (Gianni and Lee 2018), and 2D forms (Ferrara and Landau 2015) into their spatial search behavior.

Children's ability to bind together where-when is required for their successful binding together of what-where-when and is mediated by the binding of objects to locations (whatwhere) (Mastrogiuseppe et al. 2019). In other words, episodic binding may ride on a more purely navigational representation of spatiotemporal sequences. When an identical experiment was conducted in a population of young adults with Williams Syndrome (WS), a neurodevelopmental disorder characterized by abnormal parieto-hippocampal development and severe deficits in spatial cognition (Ferrara and Landau 2015; Lakusta et al. 2010; Udwin and Yule 1991), researchers found that they were significantly impaired in where-when memory binding relative to mental age-matched controls (Mastrogiuseppe et al. 2019; see also Vicari et al. 1996). These results suggested that impaired hippocampal function may induce much greater deficits in spatiotemporal binding—the navigational "event-like" aspect of memory than the standard place recognition memory. If such is the case, could such difficulties be a strong indicator of hippocampal degeneration, as in Alzheimer's disease (AD)?

AD patients tested on a similar task were severely impaired in binding together memory components but not as impaired in place recognition memory, once again affirming the importance of temporal information in hippocampal disorders (e.g., Bellassen et al. 2011; El Haj and Kapogiannis 2016). In a scene-based episodic memory task that tested what, where, and when separately (and without requiring elderly participants to actually move around the room), subjects saw a sequence of scenes and were asked to identify: (1) an object that was removed from one of the scenes (what), (2) the correct location in the scene (where), and (3) the scene (out of the two) that had come earlier in the encoding sequence (when). AD patients were not significantly impaired in their what memory, but were significantly

impaired in their where and when memory. Interestingly, we found that performance in when memory had the highest level of specificity, even more so than standardized memory assessments, while performance in their where memory had the highest level of sensitivity in classifying the participants into AD vs. age-matched controls (Park and Lee 2021).

## Boundaries help chunk time into event memories

If episodic memory is cognitively akin to navigation in the sense that one must mentally traverse through time and space, how does the structure of one's spatial cognitive map constrain the organization of one's temporal event memory? To explore this question, we can once again invoke the case of boundaries, given their strong influence on spatial mapping, as reviewed above.

Human studies have demonstrated that contextual change is detrimental to memory in general (e.g., Radvansky and Copeland 2006). Studies of temporal memory have further added that sequential order of items is more difficult to remember if a spatial boundary is crossed in between the items (e.g., from one room to another) than if they were experienced on the same side (Horner et al. 2016a, b). A recent finding suggests that this effect of boundaries on spatiotemporal sequence memory occurs in young children and is contingent upon their development of boundary representations (Rah et al. 2022). In younger children up to about 5 years old, only wall-like surface layouts—those that we characterized above as the basic drivers of spatial mapping that children successfully reorient by various featural cues at that age—influence their temporal sequence memory. Noncanonical boundaries, such as object arrays and 2D lines, do not affect sequence memory until the age of about 5 or 6, which is around the time these same structures begin to guide spatial mapping (e.g., Gianni and Lee 2018, Ferrara and Landau 2015).

Although further converging research in nonhuman animal cognition and neuroscience is needed, the fact that the development of the temporal structure of event memories depends on the child's representations of space strongly suggests that mental time travel is intimately connected to navigational processes. Furthermore, the existence of hippocampal neurons that fire in sequence both spatially and temporally (Macdonald et al. 2013; Eichenbaum 2014), and the potential anchoring effect of spatial boundaries on hippocampal and entorhinal neural activity (see Giocomo 2015), provide a promising outlook on the detailed characterization of neural mechanisms underlying spatiotemporal navigation and memory.



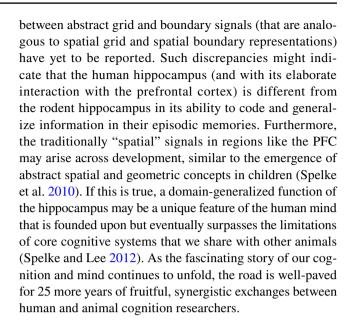
## Looking beyond space and time

The view that I have proposed above partly reconciles spatial theories of hippocampal function with those emphasizing episodic, relational memories—nevertheless, it only partially resolves the theoretical discrepancy that, in some cases, runs much deeper (e.g., Eichenbaum 2017; Ekstrom and Ranganath 2018; Robin 2018). For instance, some researchers have proposed that the main function of the hippocampus, in humans and nonhumans animals alike, is not constrained to any domain or type of information at all and that the overrepresentation of the spatial domain in studies of the hippocampus arises from the importance of space in the experimental designs traditionally used with nonhuman animals (e.g., mazes, recording chambers, memory tasks) (Eichenbaum et al. 1999; Eichenbaum 2017).

In the past decade or so, a completely domain general approach to the hippocampus has gained momentum, based predominantly on neuroimaging studies in human adults. The initially sensational reports of grid-cell-like six-fold symmetry in human brain signals have now been shown not only in virtual or imagined navigation (Horner et al. 2016a, b; Jacobs and Lee 2016), but also in tasks requiring navigation through any highly abstract space defined by any quantifiable features—ranging from mapping relative lengths of the leg and neck in taxonomy to mapping social attributes such as popularity and power (Constantinescu et al. 2016; Park et al. 2021). This general mapping view of hippocampal function has been eagerly adopted into computational models such as in the Tolman-Eichenbaum Machine (Whittington et al. 2020), describing memory mechanisms and generalized knowledge structures in terms of the interaction between grid cells and place cells.

The question of whether hippocampal function is fundamentally spatial or not may be an evolutionarily relevant one, depending on what selection pressures it was originally sculpted by 300 million years ago and what changed over time, as species diverged along their own evolutionary path. Some studies have shown that the rodent hippocampal cells can represent a variety of nonspatial information such as tone frequency (e.g., Aronov et al. 2017), but such evidence is sparse and often confounded with other information such as time. One potentially important piece of the puzzle is that although grid cells have only been recorded from the medial temporal lobe in rodents, a six-fold grid-like symmetry in human fMRI signals has been reported in the parietal and prefrontal (e.g., orbitofrontal) cortex, in addition to the medial temporal lobe (Horner et al. 2016a, b; Constantinescu et al. 2016; Park et al. 2021).

While abstract and imagined representations of boundaries have also been reported (Bird et al. 2010a, b; Brunec et al. 2018; Robin 2018), detailed and specific interactions



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