

Dreaming Cognition

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Dreaming Cognition

They disappear when we sleep but crop back up when we dream. In more than 70,000 studies and counting, theta rhythms have been shown to be critical in cognition, learning, and memory, and we see them ...

How VR could make you smarter

Eichenlaub, J.-B., Cash, S. S., & Blagrove, M. (2017). Daily life experiences in dreams and sleep-dependent memory consolidation. In N. Axmacher & B. Rasch (Eds.), Cognitive neuroscience of memory ...

How Watching TikTok Before Bed Affects Your Dreams

This awareness is called lucid dreaming. Put more simply, lucid dreaming is when you're in the thick of a dream, good or bad, and your mind suddenly recognizes the difference between reality and your ...

If You Want to Lucid Dream, Read This

After Coors sought to steer unconscious minds to thoughts of beer, scientists have called for curbs on 'targeted dream incubation' ...

Nightmare scenario: alarm as advertisers seek to plug into our dreams

a cognitive scientist and Ph.D. student at the Massachusetts Institute of Technology who co-authored the letter. Haar invented a glove that tracks sleep patterns and guides wearers to dream about ...

Advertisers could come for your dreams, researchers warn

Or now. While we know all that kind of thinking is hindering our ability make our dreams of sleep a reality, how can we stop it from happening? The answer, according to one cognitive scientist ...

Fall Asleep Faster Using 'Cognitive Shuffling'

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Dr. Sara Mednick, Professor of Cognitive Sciences from UC Irvine, joined KUSI ' s Jason Austell to discuss the work of these companies. Just a few of these companies experimenting with dream ...

Scientists warn of a new type of advertising where companies try to manipulate dreams

Q: My partner has started talking in his sleep — a lot. Is it a sign of anxiety or something physically wrong? It ' s ruining my sleep, and it can ' t be good for his. How can I help him stop? A: Sleep ...

Struggle with sleep talking? These issues are usually harmless

But in the near future, a new wave of cognitive computing applications and infrastructure ... Since the Industry 3.0 wave that began some 40 years ago, manufacturers have chased the dream of the fully ...

How Industry 5.0 Will Transform Process Manufacturing As We Know It

To infiltrate people ' s dreams to get them to buy their beer. In a rather dystopian turn of events, the company encouraged people to watch a short online video before bed, then play an eight-hour ...

Advertisers are now trying to hijack our dreams to sell us things

Forgetting allows us to adapt and improvise, and sleep is key to deleting extraneous cortical information. We dream in order to forget.

‘ Forgetting ’ Review: The Balm of Oblivion

Kemper House is pushing back against cognitive loss. Read about this and more in this week's Strong Points community column, featuring news and notes from Strongsville and the surrounding area.

The Kemper House family ' s focus is prevention and effective treatment for cognitive loss: Strong Points

Saya Sakakibara's Olympic hopes were flipped on their head when her brother and fellow BMX rider Kai suffered devastating injuries in a crash. Read how Saya bravely continued her Olympic training.

'His dream too': Saya Sakakibara's triumph over Olympic adversity

BMX rising star Saya Sakakibara can ' t quite believe she will become an Olympian let alone a feature Aussie hero in Woolworths ' latest collectible range, alongside athletics track legend Cathy Freeman ...

Woolworths Aussie Heroes: The bittersweet reality of Saya Sakakibara ' s Olympic dream

a cognitive scientist and Ph.D. student at the Massachusetts Institute of Technology ... Haar invented a glove that tracks sleep patterns and guides its wearers to dream about specific subjects by ...

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Now that they ' ve ruined the world, advertisers want to put commercials in your dreams

Elementary schoolchildren who took mindfulness training two times a week for two years slept an average of 74 extra minutes a night, a new study found.

Children slept over an hour more with mindfulness training, study finds

Renee and Ken Poff run Walnut Grove Farms, and their equine therapy business, to help others. It's their way of paying it forward for help they got.

'They told me, straight out, I should be dead' — how central Pa. family gives back, gives thanks

The Industry Leaders in Functional Music for Wellbeing, Recognised for Creating the World's First Zero-Emission Lullaby. London – Last week, Arigami, Tom Middleton, ...

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