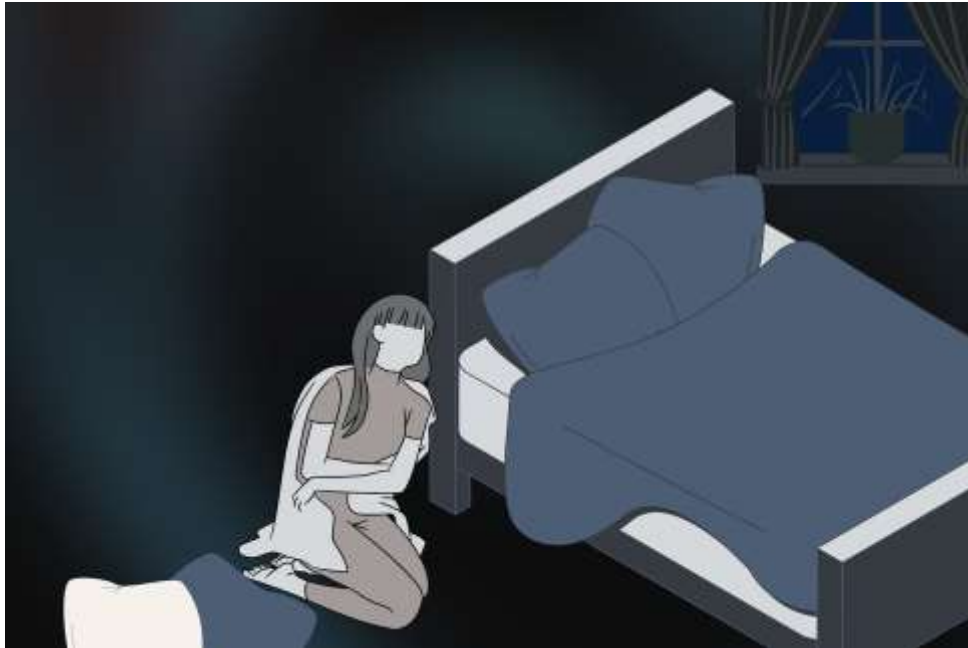


Café Scientifique Headingley

Monday 11th November 2024

Failing to forget: how sleep problems disrupt your mental health

By: Scott Cairney



Our memory can be both a blessing and a curse. Although the places we go and people we see are usually reminders of happy times, they can also evoke intrusive memories about difficult life events. In this talk, Dr Scott Cairney hopes to convince you that our ability to keep intrusive memories at bay is dependent on good quality sleep. He will also show how rapid eye movement (REM) sleep plays a special role in protecting us from intrusive memories by restoring the brain networks governing memory control. Finally, he will demonstrate that memories can be modified during sleep via simple non-invasive techniques, and outline how these techniques could be used to promote recovery from mental illness.

Scott Cairney is an Associate Professor of Cognitive Neuroscience at the University of York's Department of Psychology. His research combines a range of methodologies, including functional brain imaging, behavioural testing and psychophysiology, to better understand the brain mechanisms linking sleep to mental health. Scott completed a PhD in Cognitive Neuroscience at the University of Manchester before moving to York as a Postdoctoral Research Associate. He has since won fellowships from the Wellcome Trust and Medical Research Council and is now Director of the University of York's Emotion Processing and Offline Consolidation (EPOC) Lab.

Venue: The New Headingley Club, 56 St Michaels Road, LS6 3BG

Time: Room opens 7:30pm, Talk begins promptly at 7:45pm

Entry: Donation please for room hire and expenses: £4 at the door



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