

INTERACT123 Research Round-Up: Sleep, Memory & Learning

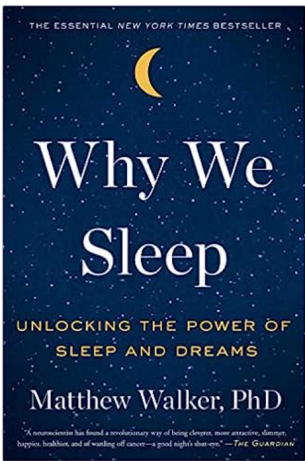
July 2023

Welcome to the INTERACT123 [Research Round-Up](#). Each month, we will provide you with recommendations for leading resources on a specific topic to support teaching, learning, and student success!

Books

Matthew Walker, MD (2018)

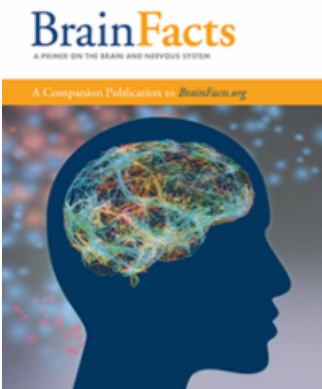
[Why We Sleep](#)



"Why We Sleep is simply a must-read. World-renowned neuroscientist and sleep expert Matthew Walker takes us on a fascinating and indispensable journey into the latest understandings of the science of sleep. And the book goes way beyond satisfying intellectual curiosity, as it explores the cognitive, health, safety and business consequences of compromising the quality and quantity of our sleep; insights that may change the way you live your life. In these super-charged, distracting times it is hard to think of a book that is more important to read than this one." - review

Society for Neuroscience (2018)

[BrainFacts](#)



"Brain Facts serves as the companion publication to [BrainFacts.org](#) — a public information initiative of The Kavli Foundation, the Gatsby Foundation, and the Society for Neuroscience. Relunched in the fall of 2017, the site affirms its continued commitment to neuroscience literacy and outreach to the public. The site's new design and structure is evidence of this renewed commitment to providing trusted content that tells the story of neuroscience. " - review

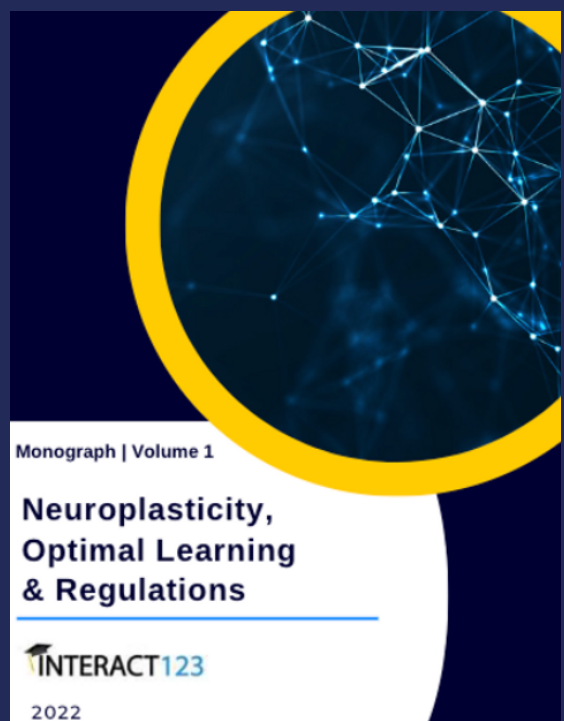
Note: Sleep, memory, and learning are referenced throughout this publication

Series & Monograph



Queensland Brain Institute (QBI)
The Brain Series

[Issue 2: Learning & Memory from Research to Practice](#)



INTERACT123
Monograph Series

[Volume 1: Neuroplasticity, Optimal Learning & Regulations](#)

Videos

[Hacking your Memory - with Sleep](#)

Matthew Walker, MD



"We've all been told to get a good night's sleep before a test - finally, here's the reason why. Sleep scientist Matt Walker explains how getting enough sleep affects how our brains store and process memories."

[BrainGate Clinical Trial Participant Discusses Research on Replay in Motor Cortex During Sleep](#) **Mass General Hospital**

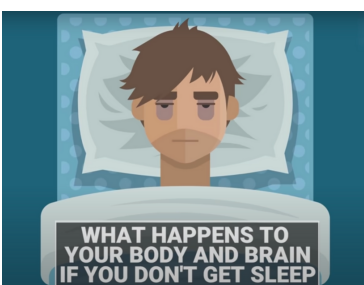


"In a new study, researchers discover the first evidence of replay during sleep in the human motor cortex, which governs voluntary movement. This may offer clues about how we learn and form long-term memories, and could provide insights for developers of assistive tools for people with paralysis."

[The Benefits of a Good Night's Sleep](#)

Shai Marcu

"It's 4 am, and the big test is in 8 hours. You've been studying for days, but you still don't feel ready. Should you drink another cup of coffee and spend the next few hours cramming? Or should you go to sleep? Shai Marcu defends the latter option, showing how sleep restructures your brain in a way that's crucial for how our memory works."



[What Happens To Your Body And Brain If You Don't Get Sleep | The Human Body](#)

Insider Tech

"Sleep expert Matthew Walker breaks down the many effects of sleep deprivation on your brain and body."

Podcasts

[Why is it Essential to Make Time for Sleep?](#)

Matthew Walker, MD



"Sleep is crucial for our health — and there are alarming consequences when we don't get enough. Matthew Walker explores the many benefits of a full night of sleep, and how to make sleep a priority."

[Dr. Gina Poe: Use Sleep to Enhance Learning, Memory & Emotional State | Huberman Lab Podcast](#)



"My guest this episode is Gina Poe, PhD, a professor in the department of integrative biology & physiology at the University of California, Los Angeles (UCLA). We discuss her research exploring how sleep impacts learning, memory, hormones and emotions." *Dr. Andrew Huberman*

Articles

[How Sleep Shapes What We Remember—and Forget \(Sakai, 2023\)](#)

[Memory and Sleep \(Pacheco & Rehman, 2023\)](#)

[54 Shocking Sleep Statistics and Trends for 2023 \(Sleep Advisor, 2023\)](#)

[Anxiety and Sleep \(Sunj & Dimitriu, 2023\)](#)

[Sleep Deprivation and Memory: Meta-Analytic Reviews of Studies on Sleep Deprivation Before and After Learning \(Newbury et al., 2021\)](#)

[The Dangers of Sleep Deprivation \(American Heart Association, 2020\)](#)

[Remembering to Forget: A Dual Role for Sleep Oscillations in Memory Consolidation and Forgetting \(Langille, 2019\)](#)

[Reciprocal Relationships Between Daily Sleep and Mood: A Systematic Review of Naturalistic Prospective Studies \(Konjarski et al., 2018\)](#)

[Sleep On It: How Snoozing Strengthens Memories \(NIH, 2013\)](#)

[System Consolidation of Memory During Sleep \(Born & Wilhelm, 2012\)](#)



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