

Neurosciences Seminar Series



Tues. February 26, 2019

1:00-2:00pm

uOttawa, Roger Guindon Hall,
451 Smyth Rd.

Seminar Room 1421

Presents the
uOBMRI - David Park Colloquium Series
Featuring



Dr. Stuart Fogel

Professor at uOttawa School of Psychology,
Director of Sleep Neuroscience, The Royal's Institute
of Mental Health Research, affiliated with the
University of Ottawa
Member, uOttawa Brain and Mind Research Institute



Dr. Alan Douglas

Director, Sleep Disorders Clinic
Asst. Professor, University of Ottawa,
Faculty of Medicine,
Department of Psychiatry;
Lecturer in Psychology

Seminar Title:

"The Paradox of Sleep: The Active Brain at Rest"

Learning Objectives:

- 1) Understand the reciprocal influence of waking cognition, mood and sleep
- 2) Knowledge of the sleep-specific processes that enhance memory, i.e. the reactivation and reorganization of memories at the systems level, with their electrophysiological correlates
- 3) Implications of intensified REM sleep for depression and psychiatric conditions

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