

# 256<sup>th</sup> WPI-IIIS Seminar

## ~Mini Symposium~

### How do cells decide?

### ~Cellular mechanisms behind local (Uni-hemispheric) sleep~

When we go to bed, our brain generates slow waves that can be easily detected by EEG devices. These sleep slow waves have been shown to reflect sleep pressure and sleep depth: the sleepier you are, the more slow waves you will generate during sleep. Interestingly, it seems that tiredness (sleepiness) can be local, meaning that brain regions engaged in demanding tasks during wakefulness show higher levels of slow-wave activity during subsequent sleep. Yet, it is unknown exactly how this happens. In my talk, I will focus on the cellular mechanisms and circuitry controlling this local sleepiness.



## Dr. Waleed ElGrawani

Imperial College London

Date: **Tuesday, August 4, 2026**

Time: **15:00 – 15:45**

Venue: **1F Auditorium, IIIS Building**

**\* On-site participation only**



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