

# 143<sup>rd</sup> WPI-IIIS Seminar

## Night Watch in One Brain Hemisphere during Sleep Associated with the First-Night Effect in Humans

In human sleep studies, it has been well documented that healthy human subjects do not sleep well in the very first experimental sleep session, which is termed the first night effect. We found that the part of the brain, the default-mode network, in one hemisphere is kept more vigilant during sleep in a novel environment to act as a night watch which wakes a sleeper up at an alarming incident in a novel environment. The regional interhemispheric asymmetric sleep in human may play a similar protective role to that in marine mammals and birds.



### Dr. Yuka Sasaki

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Date: **Friday, December 21, 2018**

Time: **13:00 – 13:45**

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



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