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2012 Reilly Center Forum



Sleep on It! There's More to It Than Just the Old Adage

Thursday, November 1, 2012
3:15pm
200 McKenna Hall

Jessica Payne, Ph.D.

University of Notre Dame and Harvard Medical School

People spend up to one-third of their lives sleeping, yet scientists are still trying to determine sleep's function. One of the best theories to date is that sleep is by and for the brain, in the service of cognition. In this talk, we will learn about the sleeping brain, and how it influences memory, emotion, decision making, creativity and insight. The broad question is, "What is sleep and what does it do for us?"

Dr. Jessica Payne holds appointments at Harvard Medical School and the University of Notre Dame, where she is currently Assistant Professor and Nancy O'Neill Collegiate Chair in Psychology, and Director of the Sleep, Stress and Memory (SAM) Lab. Dr. Payne's research focuses on how sleep and stress independently and interactively influence human memory, emotion, performance and creativity. She recently won the Laird Cermak Award for her contribution to memory research. Dr. Payne has also applies her research findings to business organizations, striving to help leaders understand how to work with, rather than against, the natural abilities of the human brain.

For more information, please contact Melinda Gormley at gormley.6@nd.edu