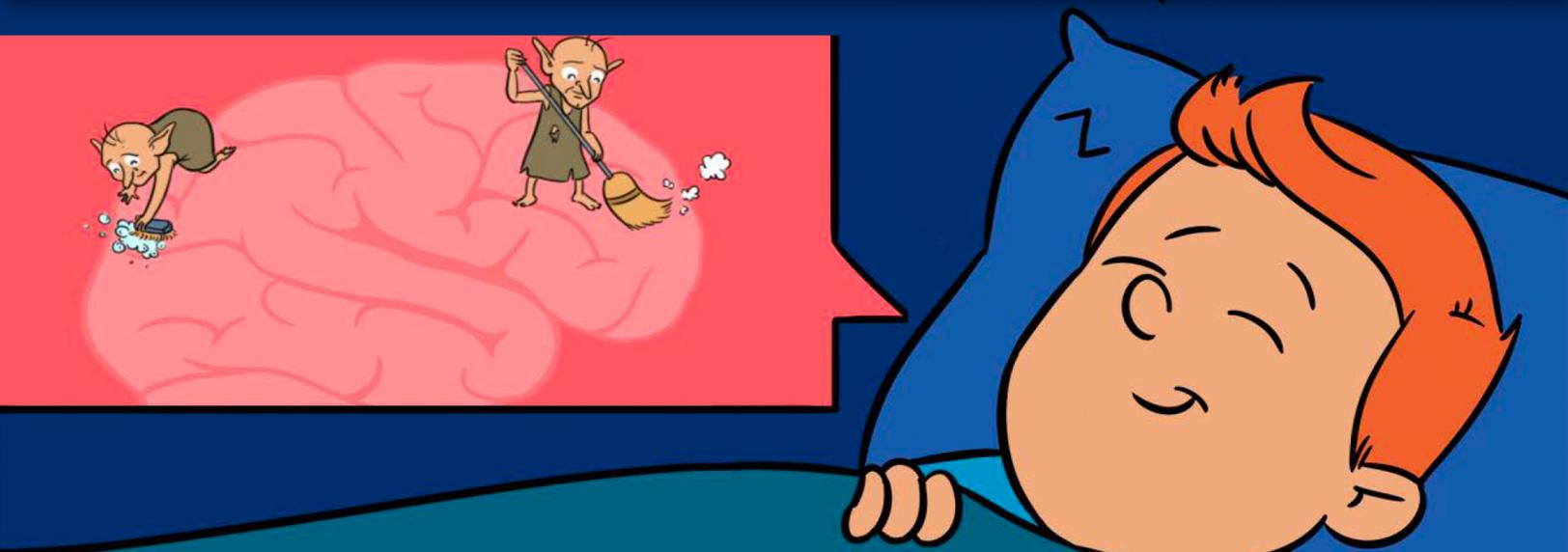


# Do House-Elves Clean Your Brain While You Sleep?

Professor Ken Paller

Department of Psychology and Director of the Cognitive Neuroscience Program  
Northwestern University



**Wednesday**  
**January 22, 2020**  
**6:30 - 8:00pm**

**The Firehouse Grill**  
**750 Chicago Avenue**  
**Evanston**

Sleep will consume one-third of your life. You can't avoid it, nor should you. Sound slumber can make you feel wonderful. But there's more to it. Sleep is also essential for learning. Much of who you are—your memories and your habits—may depend on what your brain does while you sleep.

Daily, you acquire all sorts of new knowledge. That includes things you read and learn, news about friends, and your own creative thoughts or pictures. And maybe knowing where you put down that book you were reading yesterday! Later, many of these memories can be difficult to remember.

We will cover some new experiments on this topic, and some unexpected findings. Come on out on January 22nd to hear recent scientific findings that are helping us understand how brain activity during sleep aids us in remembering.

Science Cafe: Eat. Drink. Talk research in a relaxed atmosphere.

We are committed to promoting engagement with scientific topics and making it accessible to all.