Please join us January 27th for the first CUC Meeting of 2016!!

Wednesday, January 27, 2016
7:15 am - 8:30 am (Program @ 7:30)
UCR Alumni & Visitor Center
3701 Canyon Crest Drive

“Zzzz-zing Our Destiny: How Sleep Impacts Our Memory”

Sara Mednick
UCR Assistant Professor of Psychology

Cognition, the ability to think, learn, and remember, is the basis for how we make decisions, plan, concentrate, and organize our lives. A pioneer in her field, UCR Professor Sara Mednick studies the neural mechanisms of learning and memory, a very new field focused on sleep and its importance. In her research, she investigates how memories are first learned and how they are transformed into long term memories. Her research has identified the critical role that sleep spindles - bursts of brain activity that last for a second or less during a specific stage of sleep - play in consolidating information from short-term to long-term memory.

Mednick's study is the first to show how sleep can be manipulated to improve memory. These findings reveal possibilities to integrate sleep into medical diagnoses and treatment strategies, tailoring sleep to address particular cognitive disorders and improving memory for aging adults and those with dementia, Alzheimer's and schizophrenia.

Dr. Sara Mednick joined UCR in 2011 as an Assistant Professor in the Department of Psychology. She received her PhD in psychology from Harvard. She moved to the Salk Institute for in La Jolla with a National Institute of Health Research Service Award fellowship. In 2007, Dr. Mednick joined the faculty at UCSD and was awarded National Institute of Mental Health funded Research Scientist Award.

Mednick’s articles have appeared in such leading scientific journals as Nature Neuroscience and The Proceedings from the National Academy of Science. She is a member of the National Sleep Foundation, Associated Professional Sleep Societies, and the Society for Neuroscience. Her napping research has been featured by CNN, Reuters TV, NPR, The Economist, The Wall Street Journal, Consumer Reports Health Journal, Reader's Digest, and The New York Times.

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Patricia M. Hinojosa, Associate Vice President - Investment Officer,
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$18.00/$22.00 - Includes a Deluxe Breakfast Buffet & Free Parking in the Bannockburn Lot
Space is Limited!  Please R.S.V.P. by January 20th.

Using the enclosed envelope, please return your breakfast reservation payable to:  REGENTS UC
University of California, Governmental & Community Relations – 101, Riverside, CA 92521-0153

Questions: Please call (951) 827-5184 or email robin.clark@ucr.edu  RSVP's not cancelled by January 27th will be billed.

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