

Research Interests:

Mechanisms of memory consolidation and encoding during sleep.

While we know that sleep plays a central role in several stages of memory consolidation the exact mechanisms are still an active area of research. In our research, we expand this question to study the ability of verbal memory encoding during sleep. Our focus is on uncovering how sleep-encoded information is retained and how it interacts with related information subsequently learned during wakefulness.

From molecule to psychology.

Small changes in neurochemistry or physiology can have profound consequences for our health, not only in medicine but also in psychology. Understanding how neurological processes influence our psychology empowers us to develop innovative and more effective methods to enhance our well-being.