



# The BRAINet SYNAPSE

BRAINet is a friends group of the OHSU Brain Institute (OBI) that helps build community awareness, interest, and support for neuroscience research at OHSU.

**BRAINet Synapse Newsletter**

**July 2016**

## July Lecture Luncheon

Join us on Monday, July 18 at 11:30 a.m. at the Multnomah Athletic Club for a lecture luncheon with David Wilson, M.D., who will present **“Vision and the Brain.”**



Dr. Wilson is Chair of the Department of Ophthalmology, Director of the Casey Eye Institute, and Thiele-Petti Chair in Ophthalmology in the School of Medicine at OHSU. Dr. Wilson's primary areas of interest include eye pathology, clinicopathologic correlation of ocular disease, macular degeneration and surgery, and ocular oncology.

**11:30 Registration and Social Time**

**12:00 – 1:00 Luncheon and Lecture**

### Cost

\$25 Members

\$25 Guests of Members

**\$30 Non-Members**

To register and pre-pay to secure your reservation, please visit:

<http://goo.gl/RQpRvp>

Registration will close at midnight on Wednesday, July 13.

*This month we will be served poached salmon salad.*

## Brain in the News

*By George Ivan Smith,  
BRAINet Member*

Why do we sleep badly on our first night in a new place? This common phenomenon is called the first-night effect (FNE), and scientists have known about it for more than 50 years.

Even young, healthy people without chronic sleep problems have this weird effect “99% of the time,” says Yuka Sasaki of Brown University as quoted by Ed Yong in *The Atlantic* April 21, 2016.

Whales, dolphins, and many birds can sleep with half their brains at a time while the other half and corresponding eye stays open. Sasaki wondered if humans do something similar albeit to a less dramatic degree.

She invited 11 volunteers to spend a few nights in her laboratory. Equipped with pillows and towels and a completely flat bed they slept in a medical scanner that measured their brain activity, while electrodes on their heads and hands measured their brain waves, eye movements, heart rate, and more.



It was a little restricted, but people could still sleep. And sure enough, they took longer to fall asleep and slept less deeply on the first night.

While they snoozed, team members measured their slow-wave activity—a synchronous and slow pulsing of neurons that's associated with deep sleep. They found that this activity was significantly weaker in the left half of the volunteers' brains, but only on their first night. And the stronger this asymmetry, the longer the volunteers took to fall asleep. This asymmetry is a critical measure for the FNE.

The less-sleeping hemisphere responded to deviant external stimuli more than the other hemisphere, strengthening the conclusion that troubled sleep in an unfamiliar environment is an act of survival by keeping one hemisphere partially more vigilant than the other, as a night watch.

Read the whole article:

<http://goo.gl/weAWRT>

## REMINDER

If you receive the print version of the BRAINet Synapse, this is your **last** edition

*(unless you are member who has specifically requested it).*

Please contact Kate Stout with your email address to receive the *electronic version free of charge.*

## BRAINet Members Only

# SUMMER TOUR

We are thrilled to announce that this year's summer tour for BRAINet members will be on Tuesday, August 30, from 3:30-5:00. **Dr. Lissa Baird**, Medical Director of Pediatric Neuro-oncology, will give a guided tour of the control room to the new intraoperative MRI machine in Doernbecher Children's Hospital.



This facility just opened in February, and is the first of its kind on the west coast in a dedicated children's hospital. The 3-Tesla iMRI technology allows neurosurgeons to deliver better, safer brain surgery results.

Capacity is limited. Please RSVP to Kate Stout ([stoutk@ohsu.edu](mailto:stoutk@ohsu.edu)) to confirm your membership status and reserve a space.



## Upcoming Events of Interest

### 2016 Walk to End Alzheimer's

*Sunday, September 11, 2016*

*Portland International Raceway*

Please consider joining or donating to the [OHSU Layton Center Team](#).

We are a group of dedicated researchers, clinicians and supporters working to understand and develop treatments for Alzheimer's disease.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to reclaim the future for millions!



Oregon Care Partners provides free trainings on a wide variety of topics to help you with common caregiving challenges like managing anger, managing medications, or caring for someone with Alzheimer's or dementia. To register for this training, visit [www.OregonCarePartners.com](http://www.OregonCarePartners.com) or call 1-800-930-6851.

#### **July 11, 2016 – Positive Approach to Alzheimer's and Dementia Care (PAC) Workshop.**

The Positive Approach to Alzheimer's and Dementia Care workshop teaches hands on skills and will help you to understand and connect more affectively with people experiencing changing abilities. These newly learned skills enable you as a caregiver to shift from simply "dealing with the behaviors" to creating a positive and caring environment.



# Fireworks in your Brain

The TED Ed Lessons Worth Sharing is a series of short, animated videos of ideas that originate with the experts of TED speakers and fellows. Anita Collins and her collaborators created original content to show how playing music is much like your brain is exploding with fireworks – it's a full-brain work-out. What exactly is going on inside the brain of a musician when she plays? Enjoy this short animation during your long holiday weekend:

<http://goo.gl/kQs3YM>



## **BRAINet Contacts:**

Kate Stout – Program Coordinator  
503.494.0885 [stoutk@ohsu.edu](mailto:stoutk@ohsu.edu)

Helen Richardson – President of BRAINet  
[gsgam@comcast.net](mailto:gsgam@comcast.net)

Nancy DeGraw – Membership Chair  
[njdegrow@msn.com](mailto:njdegrow@msn.com)



**BRAIN**  
*Institute*