



Department of Psychology  
The University of Hong Kong

香港大學心理學系

## Brown Bag Lunchtime Seminar (Via Zoom) (Theme: Cognition and Neuroscience)

### Insomnia and emotional memory

12:30 p.m. – 1:30 p.m. | February 5, 2021 (Friday)



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### Abstract

Sleep consolidates emotional memories. While most of previous research on sleep and emotional memory focuses on healthy participants with normal sleep, it is also crucial to consider how emotional processing might be altered in cases where sleep is chronically disturbed. Given the common co-occurrence between insomnia and affective disorders, this research proposal aims to understand the impact of one-night normal vs. insomnia sleep on the consolidation of emotional memories. Healthy and insomnia sleepers will encode the affective pictures in the evening and then sleep at the laboratory with high-density EEG recorded. Emotional memory and its responses will be assessed in the next morning and in one week later. In addition to traditional univariate analysis, multivariate pattern analysis will be applied to investigate neural representations of emotional memory that could distinguish between healthy vs. insomnia sleepers. Aiming to understand sleep's role in processing emotional memory, the proposed study will shed lights into the bidirectional relationship between insomnia and affective disorder, and facilitate fine-grained parsing of sleep-associated effects.

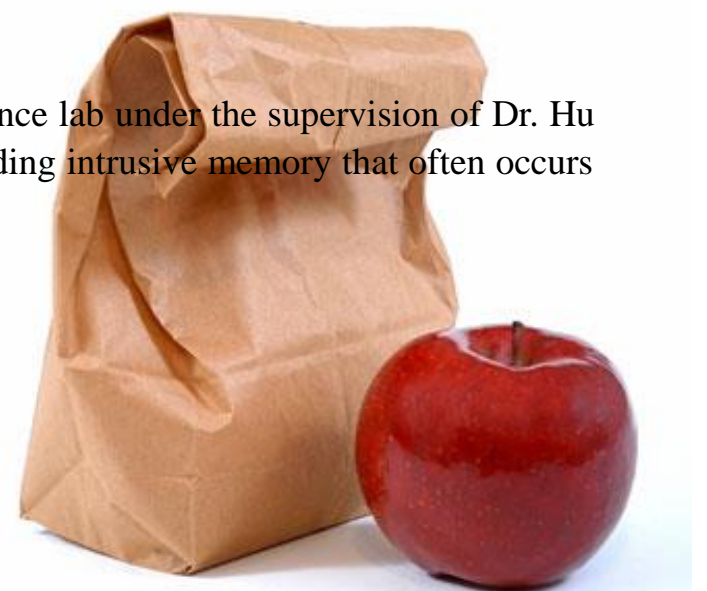
### About the speaker

Ms. Zeng is a third-year PhD candidate from Social and Cognitive Neuroscience lab under the supervision of Dr. Hu Xiaoqing. Her research interests focus on sleep and emotional memory, including intrusive memory that often occurs after experiencing distressing events.

### Zoom Meeting

<https://hku.zoom.us/j/97471624461>

Meeting ID: 974 7162 4461



~All are Welcome~

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