



Department of Psychology
The University of Hong Kong

香港大學心理學系

Brown Bag Lunchtime Seminar
(Theme: Cognition and Neuroscience)

Examining Emotional Memory Processing Among Insomnia Participants

12:30 p.m. – 1:30 p.m. | August 16, 2023 (Wednesday)
Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

Sleep plays a vital role in affective-cognitive processes, including memory consolidation and emotional re-processing. The current study aims to understand the impact of one-night normal vs. insomnia sleep on the consolidation of emotional memories. Healthy and insomnia sleepers encoded the affective pictures in the evening and then slept at the laboratory with high-density EEG recorded. Emotional memory and its responses were assessed in the next morning and in one week later.

Results revealed impaired emotional processing among insomnia group. Compared to healthy group, insomnia group showed preservation of the emotional memory and resistance to the over-time dissipation of emotional tones. Insomnia participants also maintained stable neural representations of emotion across tasks, indicating prolonged emotional processing. Furthermore, healthy participants showed the over-time memory decay and arousal reduction of negative memories, which were associated with the REM duration during the post-encoding night. In contrast, this pattern and the correlation were absent in the insomnia group.

About the speaker

Shengzi is a PhD candidate from Social and Cognitive Neuroscience lab under the supervision of Dr. Hu Xiaoqing. Shengzi's primary research interest focuses on understanding the impact of sleep and disrupted sleep on emotional memory processing, including the intrusive memory induced by lab-analogue trauma.

Zoom (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEEdEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



~All are Welcome~

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