



Department of Psychology
The University of Hong Kong
香港大學心理學系

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Departmental Seminar

How Sleep Cognition Can Change the Waking Mind for the Better



Prof. Ken Paller

Professor of Psychology
James Padilla Chair in Arts & Sciences
Weinberg College of Arts & Sciences
Northwestern University

11:00a.m. – 12:00n.n.

Room 715, 7/F

The Jockey Club Tower

Centennial Campus

The University of Hong Kong

Abstract

Sleep is critical not only for its restorative benefits but also for the memory reactivation that occurs covertly. Corresponding changes in the brain help make memories available when needed. Our habits of overnight memory reactivation influence creativity, dreaming, and our psychological well-being upon awakening. Even though overnight memory reactivation may be mostly unconscious and beyond direct volitional control, it can be strategically modified to seek various benefits.

About the Speaker

Ken Paller is a cognitive neuroscientist and professor at Northwestern University in Evanston, Illinois, USA, where he holds the James Padilla Chair and co-directs the Training Program in the Neuroscience of Human Cognition. He received an NIH Director's Pioneer Award in 2024 and the George A. Miller Prize in Cognitive Neuroscience in 2025. His research has focused on understanding conscious memory as well as how memory operates in the absence of awareness of retrieval, as in implicit memory and intuition. Research from his lab group at Northwestern has linked memory deficits to poor sleep and has shown that memory processing during sleep supports daytime learning. Advances in elucidating the critical contributions of sleep to cognition are leading to novel strategies currently under investigation to improve sleep and treat various disorders.

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

<https://hku.zoom.us/j/92750838972?pwd=pMdfpB3tYlNNRONHaJzzpZ2kASdmq3.1>

Meeting ID: 927 5083 8972 Password: 958527

~ All are Welcome ~

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