

Your Brain At Work

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- You ve likely heard that multitasking is problematic but new studies show that it kills your performance and may even damage your brain Research

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Why Your Brain Needs More Downtime Scientific American

- Why Your Brain Needs More Downtime Research on naps meditation nature walks and the habits of exceptional artists and athletes reveals how mental breaks

Opinion The Neuroscience of Your Brain on Fiction

August 20th, 2014 - Stories stimulate the brain Metaphors like â€œHe had leathery handsâ€• rouse the sensory cortex

Dana Foundation Home

January 19th, 2019 - Your gateway to responsible information about the brain

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Singing Changes Your Brain TIME com

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Brain Scans Can Reveal Your Decisions 7 Seconds Before You

January 20th, 2019 - In a kind of spooky experiment scientists at the Max Planck Institute for Human Cognitive and Brain Sciences reveal that our decisions are made seconds before we

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January 18th, 2019 - The brain is an organ that serves as the center of the nervous system in all vertebrate and most invertebrate animals The brain is located in the head usually close

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Sleep Deprivation and Deficiency National Heart Lung

- Sleep plays a vital role in good health and well being throughout your life Getting enough quality sleep at the right times can help protect your mental

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Brain Basics Understanding Sleep National Institute of

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and getting enough of it at the right

Nudity Provides Health Benefits for Your Body and Brain

January 19th, 2019 - In that picture of all the naked people in the bar I have one thought GET YOUR NAKED BUTT OFF THE TABLE LADY I mean seriously that is not sanitary for her OR

Brain-computer interface Wikipedia

January 20th, 2019 - History The history of brain-computer interfaces BCIs starts with Hans Berger s discovery of the electrical activity of the human brain and the development of

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