

## Abstract Preview - Step 3/4

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Topic: Learning, Memory and Cognition

**Title: Spindles Affection By Use Of Negative Emotional Stimulations**

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Text: **Objectives:** In this study, the effects of negative emotional stimulations on spindle in sleep stage 2 are considered. With respect to spindle alternations, the causality relation between type of answers and spindle alterations after negative emotional stimulations are considered.

**Methods:** Eight subjects (5 men, 3 women, age range: 22-24 and the average age: 24.3) were selected. Negative emotional stimulations had applied before afternoon nap by use of International Affective Picture System (IAPS) dataset. After performing post-nap tests, correlation between number of spindles and type of responses were considered.

**Results:** Demonstrated that the negative emotional stimulations are caused more spindles decreasing that are derived to higher correct response in the subjects. Also the numbers of false responses are increased with increasing number of spindles.

**Conclusion:** Spindle decreasing directs to better memory consolidation in negative emotional events.

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[Back](#)