



Public Lecture

Language Learning in Your Sleep



Prof. Gareth GASKELL University of York

Date: April 10, 2024 (Wednesday)

Time: 4:30pm - 6:15pm (Hong Kong Time, UTC +8)

Venue: Lecture Theatre 8,
Yasumoto International Academic Park,
The Chinese University of Hong Kong

Abstract:

While sleep remains in many ways deeply mysterious, researchers are now beginning to recognise the importance of sleep for memory and learning. In this talk I will describe research carried out in our lab that has identified a crucial role for sleep in language acquisition, including ways in which both adults' and children's sleep can improve language learning. I will also talk about the mechanisms with which the brain uses sleep to aid learning, and discuss ways in which boosting your sleep might accelerate the learning process.

Speaker:

Gareth Gaskell studied Experimental Psychology at Cambridge University, before moving on to a PhD in Psycholinguistics at Birkbeck College, University of London. He continued as a postdoctoral researcher at Birkbeck, before joining the scientific staff at the MRC Cognition and Brain Sciences Unit in Cambridge. Gareth moved to the Psychology Department in York in 1999 and is now a Professor of Psychology. He has strong interests in psycholinguistics, cognition, language development, developmental disorders, memory and sleep, and he set up the Sleep, Language and Memory (SLAM) lab at York. He has served as action editor for several journals including *Journal of Memory and Language*, and he is currently a grant assessment panel member for the Economic and Social Research Council (ESRC). He was awarded the 21st Experimental Psychology Society Mid-Career Award for his contribution to Experimental Psychology.

All Are Welcome

Enquiries

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