

# Can the brain be asleep and awake at the same time?



MACQUARIE  
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## Abstract

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It is known the brains of some animals, such as dolphins, can be asleep and awake at the same time. They do this by switching off one side of the brain to sleep. Humans were thought to be different, but research shows local regions of the brain can be asleep whilst the rest of the brain is awake. Local sleep is now being investigated to better understand how this affects attention, cognition and human performance.

## Biography

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**Dr Angela D'Rozario** is an NHMRC Emerging Leadership Fellow and head of the sleep neurophysiology group at the Woolcock Institute of Medical Research. Angela's research focuses on better understanding brain activity during sleep and a range of health problems associated with ageing, cognitive impairment and dementia.