

# ON THE BRAIN

THE HARVARD MAHONEY NEUROSCIENCE INSTITUTE LETTER

## Circadian Rhythms and the Brain



In a laboratory, volunteers have each spent a month in a windowless, soundproof space, free from external time cues. They've lived on 28-hour cycles, with their eating and sleeping shifted four hours later every day. Scientists want to know how prolonged changes to the internal processes may affect people who keep unconventional sleep-wake schedules.

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## In the News

### The Right Moves

A new Harvard Medical School study sheds light on the brain's ability to orchestrate movement and could help researchers better understand conditions such as Parkinson's disease and Huntington's disease.

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### Probing the Sleep-Deprived Brain

Nora D. Volkow, MD, director of the National Institute on Drug Abuse, spoke at the Radcliffe Institute for Advanced Study about the harmful effects of sleep deprivation, including possible links to dementia and Alzheimer's disease.

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### When Science Meets Mindfulness

In recent decades, public interest in mindfulness meditation has soared. Now researchers at Massachusetts General Hospital and Harvard Medical School are studying how this type of meditation seems to change the brain in depressed patients.

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### 2018 David Mahoney Prize

The 2018 David Mahoney Prize symposium and dinner, held in New York City on April 18, honored Steven Hyman, MD '80, director of the Stanley Center for Psychiatric Research at the Broad Institute of MIT and Harvard. [Read more and view the event photo gallery »](#)