Might letties and righties benefit differently from a power nap?

Jia Cheng, Sleep Expert, Harvard Medical School

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The research, published in Neuroscience, investigated the functional connectivity of the brain's default network in left-handed and right-handed participants, using a new computational method that tracked how brain networks evolved as they slept. The findings showed that the left-handers' networks developed more quickly and strongly, which might explain why left-handers may benefit more from power napping than right-handers.

Key points of the study:

- The researchers found that the left-handers' networks developed more quickly and strongly, which might explain why left-handers may benefit more from power napping than right-handers.
- The study suggests that napping could be a useful tool for improving brain health and reducing the risk of neurodegenerative diseases.
- The research also highlights the importance of understanding the differences in brain networks between left-handers and right-handers.

The study was published in the journal Neuroscience and is available at https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7413175/

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