

Neuroscape News

July 2019

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Neuroscape is advancing the world of neuroscience and technology every day. Stay current with this bimonthly update, and also follow us on [Facebook](#) and [Twitter](#) for the latest news.



GET INVOLVED:

Neuroscape is actively recruiting participants who are able to visit our Mission Bay campus. For more information or to sign up, please see our [participation page](#).

Neuroscape relies on support and participation from people around the world to make its programs possible. Thank you to all our current and past volunteer participants! Even if you have participated in the past, you may still be eligible to participate in further studies.

NOW PLAYING:

Defeating Distraction with Digital Wellbeing



In a new video for Google's Digital Wellbeing, our Executive Director Adam Gazzaley discusses ways people can stay more present around technology and minimize distractions. It was fun collaborating with the Google team on these!

STAFF SPOTLIGHT:

Shaping Studies and Spreading Knowledge as a Research Associate



After participating in a 2-month long Body-Brain Trainer study, a subject turned to Josh Volponi and said: “This training may have saved my life.” Volponi remembers feeling stunned.

A research associate who has worked at Neuroscape for 5 years (since before we were “Neuroscape”), Volponi has interacted with many study participants over time. But that moment really stood out for him. “After reflection, I feel proud and empowered that a study I coordinated had been such an incredible influence on someone’s life,” he says. “This has certainly spurred me on to continue with this kind of work.”

VOLUNTEER SPOTLIGHT:



We have a highly motivated group of volunteers, with whom we celebrated at a volunteer appreciation event in June. Naixi Powers, pictured above on the right with Sierra Niblett, helped organize this year's event. Powers enjoys how appreciated she feels as a volunteer at Neuroscape. "I feel like we are a big family and I am proud to be part of it," she says. "I know our hard work is being appreciated and I appreciate the appreciation very much."

NEUROSCAPE IN THE NEWS:

[App helps people learn to meditate, improves attention skills:](#)

An experimental app may help people learn to meditate, which in turn yields improvements in attention span and working memory, a new study suggests.

Over the course of six weeks a group of young adults who used the app, which is designed to tailor the length of sessions through interactions with its user, were able to increase the amount of time spent in meditation.

*That increase in meditation time appears to have produced an increase in attention span and working memory, researchers report in *Nature Human Behaviour*.*

“We found a new way of delivering an ancient practice in a very easily digestible way,” said the study’s lead author David Ziegler, a director of the Neuroscape research program at the University of California, San Francisco. “People on their own can find ways of approaching meditation, so they don’t have to go on a two-week meditation retreat.”

BRAIN NEWS ROUNDUP:

- [Neuroscientist from Monroe helps create digital meditation program](#)
- [A local nonprofit with a bold mission to end youth mental illness funds research, and brings researchers together](#)
- [How Exercise Affects Our Memory](#)
- [Excessive Napping Linked to Cognitive Decline in Older Men](#)
- [What’s Happening In The Brain When Your Imagination Is Active?](#)

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