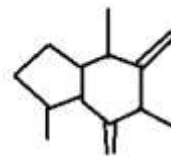


features, news, pictures &amp; jokes

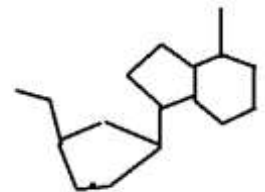
# @NEURO SUPREMACY



They're like twins, dizygotic  
twins....



Caffeine



Adenosine

## FEATURE STORY

**WAKE UP KIDS! JUST BECAUSE YOU DIDN'T SLEEP LAST NIGHT DOESN'T MEAN YOU CAN GO AROUND TELLING EVERYONE YOU HAVE INSOMNIA.** I wanted to kick off this

issue with a look into the reality of insomnia. Defined by various books and dictionaries insomnia is the inability to initiate and maintain sleep. There are three main types of insomnia each dependent on the duration of the inability to sleep. These are; transient insomnia (less than seven days), acute insomnia (more than seven days but less than one month) and chronic insomnia (more than one month).

According to Neel Burton's 'Psychiatry' around 30% of people will suffer from

some form of insomnia in their lifetime. So why is it that everyone I speak to thinks they have had insomnia? I usually think it is something like caffeine induced sleep disorder that they have. Caffeine is the most popular stimulant amongst students with over 120,000 tonnes consumed every year.

Caffeine acts as an adenosine antagonist which overrides the central nervous systems natural suppression system keeping you kicking, you know...to revise and "stuff".

Knowing the difference is important because insomnia is incredibly different to having a bad night's sleep. People who have insomnia report the following; only ever entering a shallow sleep, annoying partners by rolling around in bed and

due to not sleeping – not dreaming.

The label of being an insomniac is not one taken lightly and therefore the term probably should not be passed around like Chlamydia or that punk from Twilight.

Insomnia is known to cause depression and is also known to double the risk of suicide. A bad night's sleep won't do that. Insomnia is a medical disorder and the other is the result of whatever you did instead of sleeping.

**FACTOID:** Lack of sleep causes serotonin receptors in the brain to become desensitised leading to incoherent thoughts.

turn the flip over

# TID-BITS

## THE FIVE THINGS YOU NEED TO KNOW BEFORE YOU MARRY A NEUROSCIENTIST.

1. **Your spit is important, don't be alarmed if we ask to bottle it** – without a medical imaging device your bodily chemicals are pretty much the only way we have to see how you feel, we could ask...but we don't want to.

2. **Our memory is pretty top notch** – We have to remember a lot of things...when you think we aren't listening we probably are...but we want to watch TV and you're ruining it for us. We heard you, we'll just respond later.

3. **At some point you will be an experiment** – This links to the first and last point here. If we burst in the door dressed like a robber with a gun and demand you get on the ground it's just to see what you will do. If we set the dog on fire it's just to see if you will laugh.

Are you a psychopath? Maybe...and we can never truly know until we run experiments. It's science. Just kidding, obv.

4. **All we want for Christmas....is a medical imaging device** – Just like you leave clues around the house telling us you want this 'perfume' or that 'dress' we also want material things. Yes, our things might be a bit more radioactive than yours but whatever, you married a scientist – have you never seen a film? We'd even settle for an EEG cap...you know, to see what part of your brain lights up when the dog gets set on fire. Again, I'm joking. OBVS.

5. **We like to look into your eyes** - We are trying to figure out what chemical is going where and what pathways are currently firing, it's not a look of love...we don't really feel love...more like simulate it.

# WEIRD ‘SCIENCE’

## IT'S THAT TIME OF THE MONTH AGAIN. WEREWOLVES ON PAGE 394...WHAT? DON'T GET IT? IT'S A HARRY POTTER JOKE. JEEZ.

The idea of lunacy is often joked about and put into the pseudoscience box in the hall of make-believe. However countless studies have found significant & positive results that demonstrate animal and human behaviour becomes more aggressive, violent and suicidal around a full moon.

More recent studies have shown that it might be down to the light from the moon. Read more @NeuroSupremacy.

## UNPROTECTED SEX IS GREAT FOR TREATING DEPRESSION...IT'S STILL PRETTY BAD FOR GETTING PREGANT AND GETTING A GROSS DISEASE THOUGH.

The guardian posted an article on their website which controversially claimed that sperm could be harvested and used as a treatment for depression.

Gordon Gallup asked one-thousand women about their prophylactic choices and asked them to rate their own happiness. The results showed that those who don't use condoms were happier than those who do.

Gordon goes on to say that it is not the sex which is making women happier but the semen itself. I would criticise this more but I don't think I need to, it's pretty ridiculous.

If you want to read more or find out more tweet us @NeuroSupremacy.

neuropsychology  
neuropharmacology  
neuroscience  
neurobanter


What did the psychologist who had just been bitten by a zombie say? BRAAAIINNNSSSSS.


What do you call a glia when it is happy? SMYELIN.


What did the man do when all of his cranial nerves were accidentally damaged? NOT ALOT.


WOULD YOU LIKE TO SUBMIT A JOKE FOR THE NEXT ISSUE? TWEET US @NEUROSUPREMACY.

## our fave tweets

 **MADEUPSTATS** : Drawn-out: The earth's rotation slows by 24% during the month of January.

 **VAUGHANBELL**: Sorry about that, interview is on drugs and addiction not drugs and addition.

 **LORD\_VOLDERMORT7**: SOPA is dead. Technology rising above to beat people & make them submit. Wow, this should be a movie plot or something.

 **NICK\_AIG**: @ProfBrianCox thoughts on the supposed increase of natural disasters this year and the alignment in space against the 2012 doomsday theory?

 **[reply] PROFBRIANCOX**: utter s\*\*\*

