# The "Sleeping "brain model

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## Consolidation of memories during sleep, STM -> LTM





#### Sleep enhances reconsolidation-based strengthening of visuospatial memories

Bethany J. Jones, Margaret E. Chen, Lindsey Simoncini & Rebecca M. C. Spencer

#### Practice with sleep makes perfect: sleep-dependent motor skill learning

Matthew P Walker<sup>1</sup>, Tiffany Brakefield, Alexandra Morgan, J Allan Hobson, Robert Stickgold

#### Effects of early and late nocturnal sleep on declarative and procedural memory

W Plihal <sup>1</sup>, J Born

#### Dependence on REM sleep of overnight improvement of a perceptual skill

A Karni <sup>1</sup>, D Tanne, B S Rubenstein, J J Askenasy, D Sagi



Unlike biological brains, neural networks suffer from *catastrophic forgetting*—where learning new tasks can rapidly overwrite previously acquired knowledge.



#### AIM:

To stimulate a "sleep" phase in between the learning to preserve the energy minimas of the past memories, while also learning new ones.

## Sleep prevents catastrophic forgetting in spiking neural networks by forming a joint synaptic weight representation

Ryan Golden 🚥, Jean Erik Delanois 🔤, Pavel Sanda, Maxim Bazhenov 🖾



#### Catastrophic Forgetting and the Pseudorehearsal Solution in Hopfield-type Networks

ANTHONY ROBINS & SIMON McCALLUM

## Traditional Hopfield Network : Storing of associative memories



$$E=-rac{1}{2}\sum_{i,j}w_{ij}s_is_j-\sum_i heta_is_i$$





### Recovery Capacity of k–Hopfield Networks





N = 1, size = 32

#### **k** = **0** (classic Hopfield):

- Converges quickly.
- Overlap increases rapidly and plateaus.

#### k = 0.2 / 0.3:

- Takes longer to converge.
- Fluctuates before stabilizing at high overlap.
- **k** = 1:
  - Never converges.
  - Overlap remains low or oscillates without locking onto a memory



## Recall frequency vs different k values



#### Incremental Learning

 $w_{ij}(t+1) = (1-\eta) w_{ij}(t) + \eta s_i s_j$ 



```
for p in patterns:
    p = p.reshape(-1, 1)
    outer = (p @ p.T) / self.size
    self.W = (1 - n) * self.W + n * outer
```

#### Sleep – Wake cycle for memory consolidation



#### Simulated Sleep (Future Work)

```
Comparison: n_sleep = 0.07
Pre-sleep average convergence steps: 4.65
Post-sleep average convergence steps: 2.97
```



#### Simulated Sleep

Comparison: n\_sleep = 0.001 Pre-sleep average convergence steps: 4.89 Post-sleep average convergence steps: 8.10



- Optimize the sleep state in our network by modulating the parameters.
- Explore different network architectures and models.
- Incorporate the REM and NREM aspect maybe by changing the K value.

## Thank you