

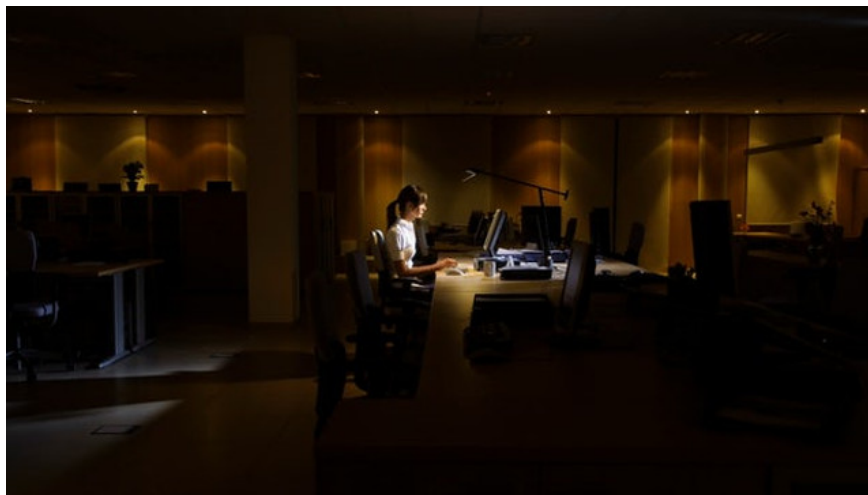
Blurred light can narrow your brain

According to a new study by Michigan State University, when mice are exposed to dim light for long periods of time, their brain capacity will decrease. The same can be true for humans.

If you are working in a dimly lit office you may want to change this immediately.

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The rodents used in the study are rats that live in the grass around the Nile area, which are animals that sleep at night and function during the day as humans.



When a group of animals is exposed to dim light during the four-week period, they lose about 30% of their active capacity in the hippocampus (hippocampus), a region of the brain involved. to study and memory. So, doing what they have learned or done before is worse.

Later, another group of mice was exposed to light every day for four weeks, and their performance when doing the same job was improved. In addition, the performance and ability of the rat brain recovered completely, after taking a 1-month break and full light exposure for four weeks.

It has been found that prolonged exposure to dim light leads to a significant reduction in neurological factors, namely a strong peptide and neuron in the hippocampus brain region. The dim light also reduces the dendrites, the connecting part that allows neurons to communicate with each other.

Because light does not directly affect the hippocampus, scientists believe that this condition must occur elsewhere in the brain after passing through the eye. An area likely to be found is a group of neurons in the

hippocampus region, producing a peptide known as orexin. This peptide affects many brain functions.

"For people with eye diseases that do not receive much light, we can directly control this group of neurons in the brain, ignore the eye and provide them with the same benefits when exposed to light. Brighter fuller ". Lily Yan, who worked for the project with Antonio "Tony" Nunez and Joel Soler said.

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