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Chronic 'jet lag' produces temporal lobe atrophy and spatial cognitive deficits.

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Citation

Cho, K. (2001). Chronic 'jet lag' produces temporal lobe atrophy and spatial cognitive deficits. *Nature Neuroscience, 4*(6), 567-568. http://dx.doi.org/10.1038/88384 (/doi/10.1038/88384)

Abstract

Tested the long-term effect of repeated jet lag on both the volume of the temporal love and hippocampus-dependent memory performance in 20 healthy women (aged 22–28 yrs) who had been employed by international airline companies for 5 yrs. The authors tested whether exposure to chronic disruption of circadian rhythms would cause cognitive deficits by comparing the volume of the temporal love in flight attendants with long (>5 day) vs short (<5 day) recovery periods from international flights. Significant prolonged cortisol elevations in the the short-recovery crew produced reduced temporal lobe volume and deficits in spatial learning and memory. The long-recovery crew also showed better cognitive performance than did the short-recovery crew. Results suggest that jet-lag recovery period may be a potential way to eliminate the temporal love atrophy associated with repeated jet lag. (PsycINFO Database Record (c) 2016 APA, all rights reserved)