Individual Differences in Daily Rhythms of Cognitive Function

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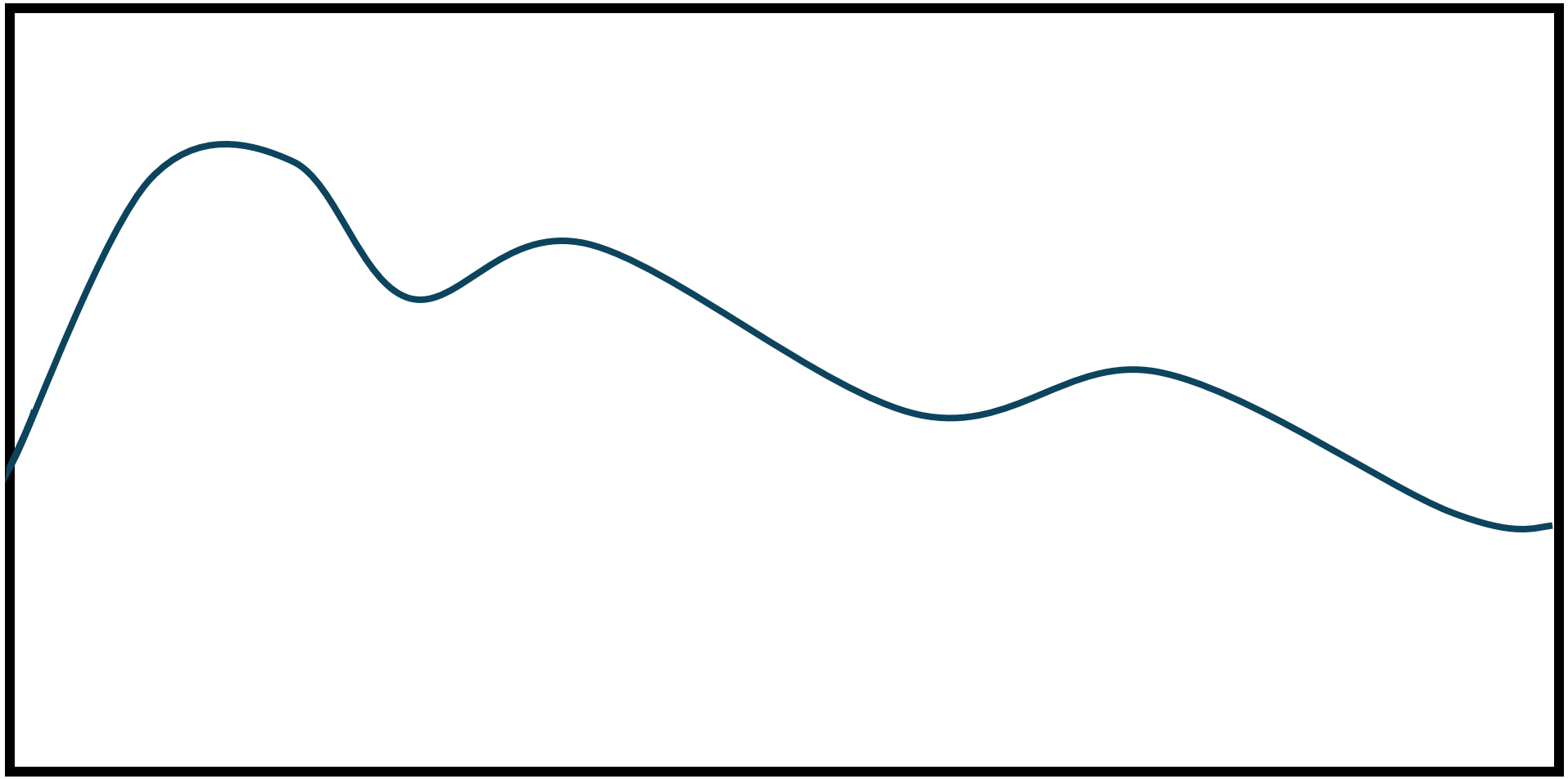
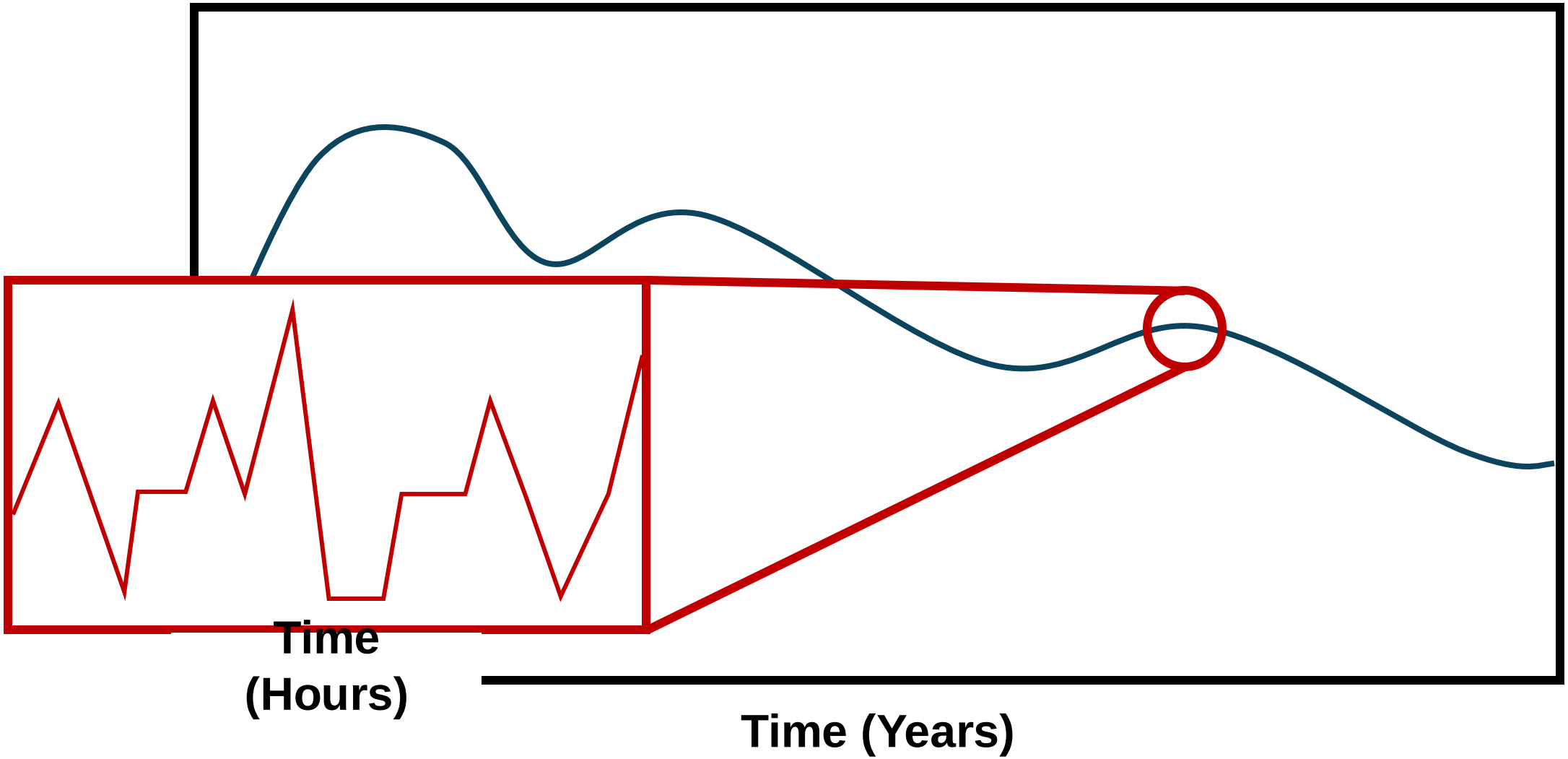
Lifespan Cognitive (Level) Decline

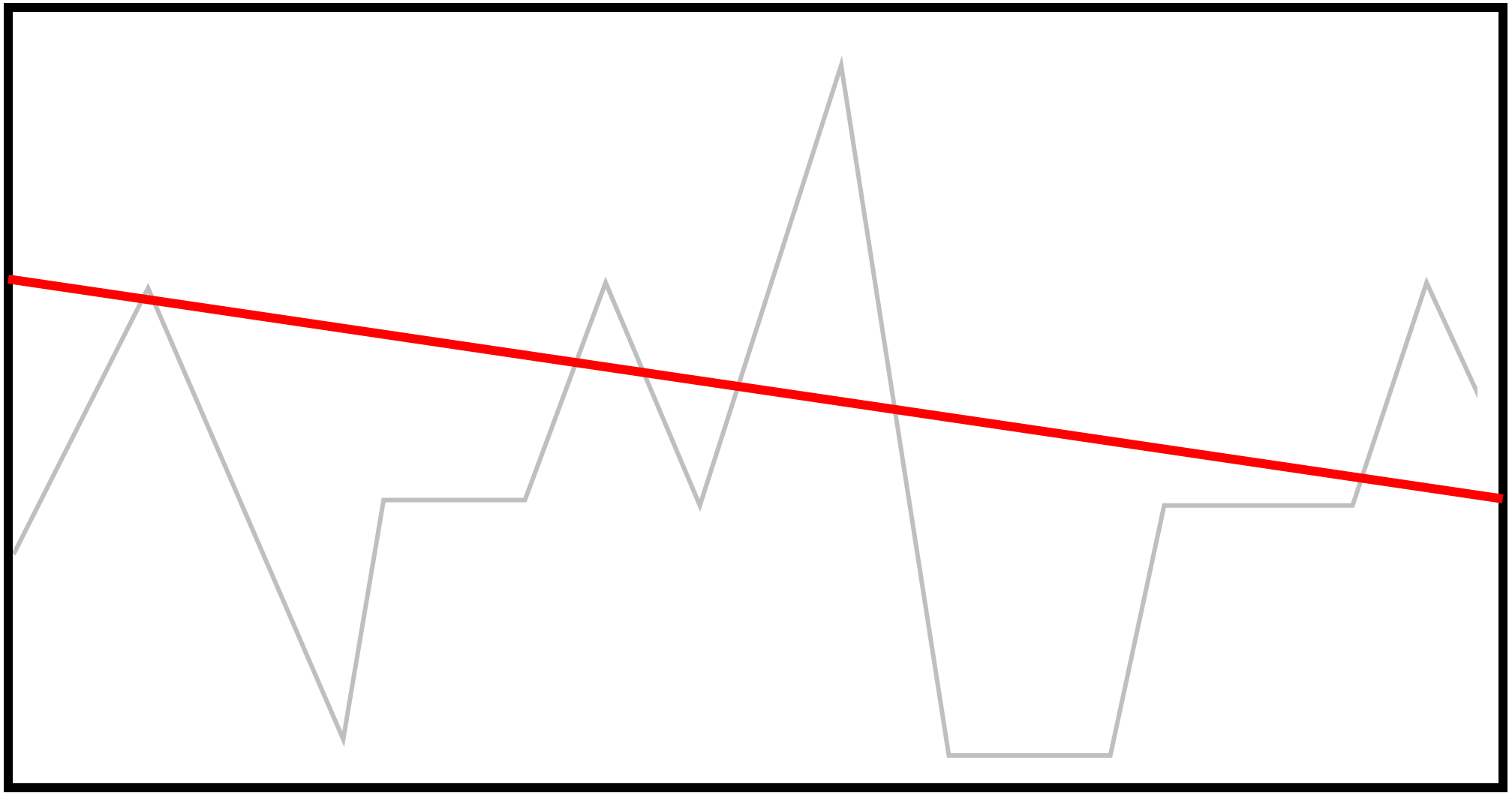


Time (Years)

Lifespan Cognitive Variability

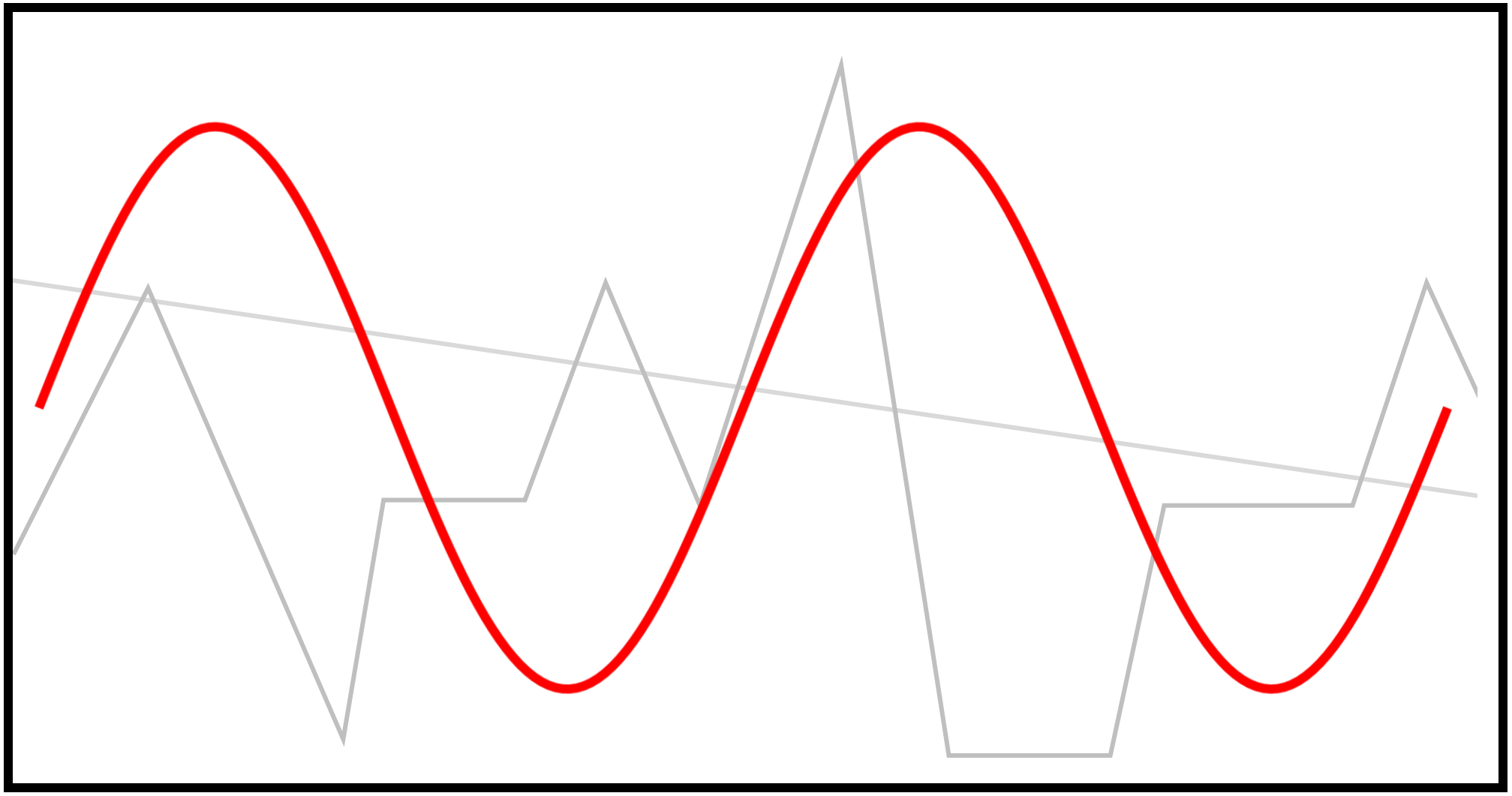


Lifespan Cognitive Variability



Time
(Hours)

Lifespan Cognitive Variability



Time
(Hours)

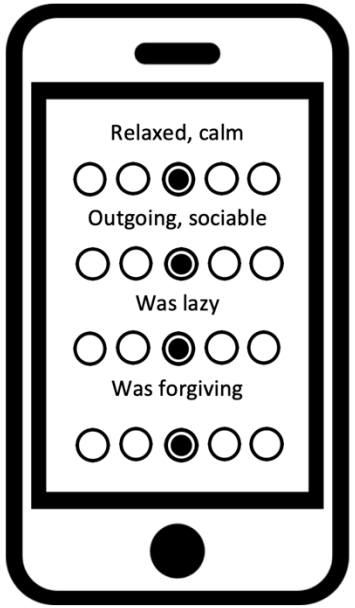
Lifespan Cognitive Variability

Research Question 1:
Are there detectable daily rhythms of cognitive function in everyday life?

Time
(Hours)

Participants

Social Cognitive EMA Study



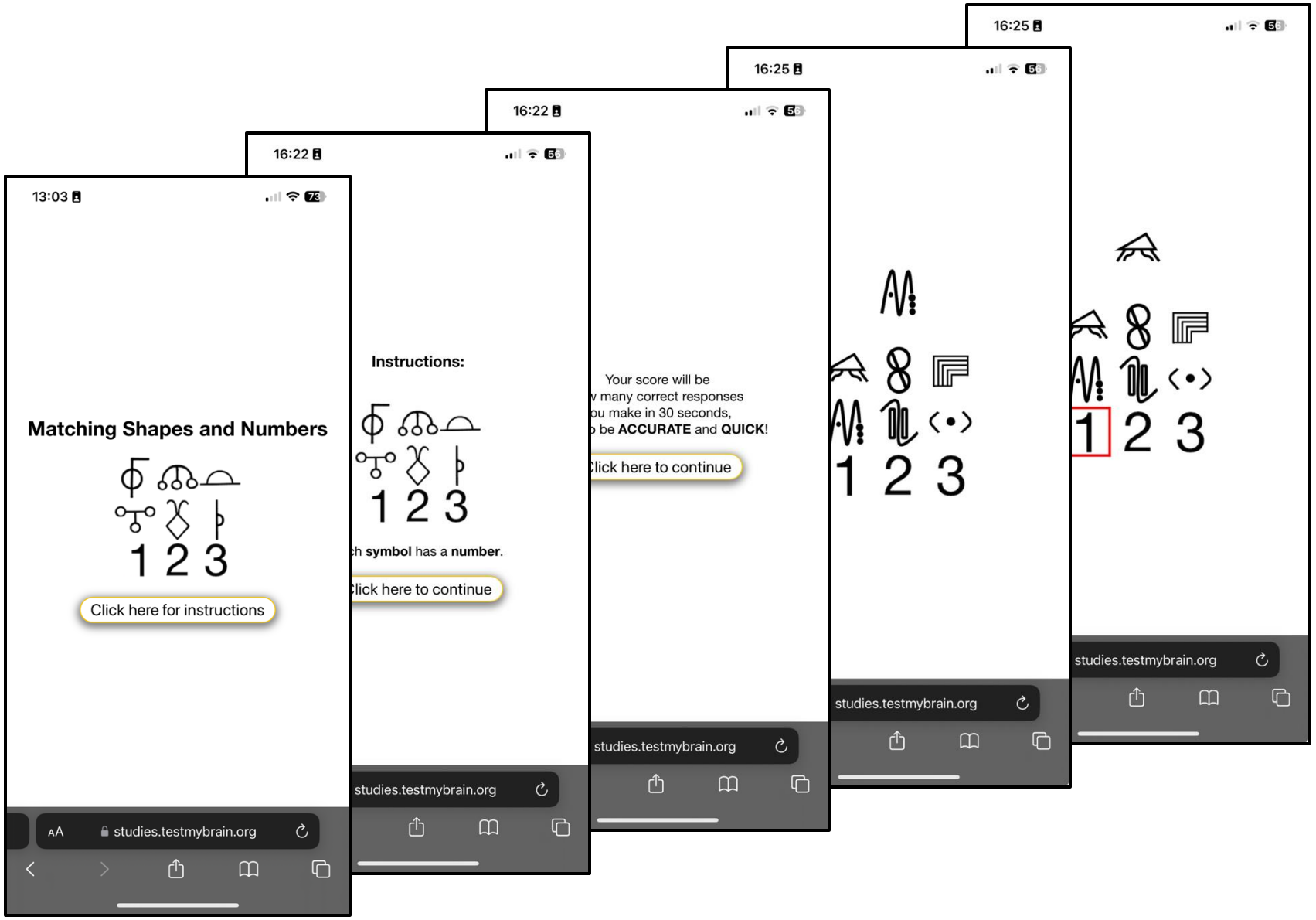
5x / day,
20 days

N = 117
(8,021 surveys)
M = 67.53, Med = 72
SD = 28
Range = 12-100

75.7% female
M_{age} = 55.31
SD_{age} = 8.18
$\%_{College}$ = 71.79%

THE MANY BRAINS PROJECT

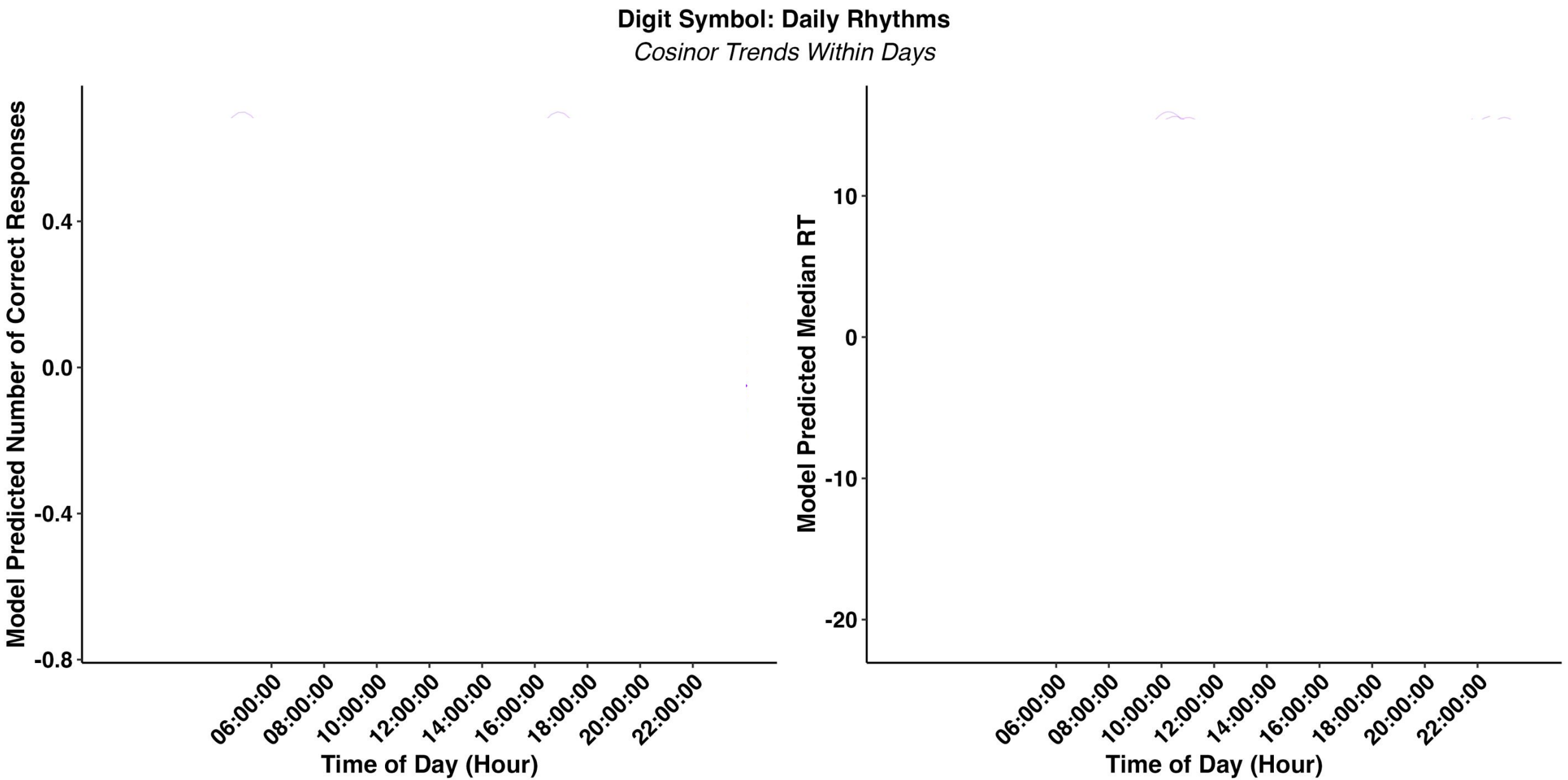
Digit Symbol
(speed)



Three Performance Measures:

1. Accuracy
2. Mean RT
3. Median RT

Q2: Individual Differences in Daily Cycles of Cognitive Function



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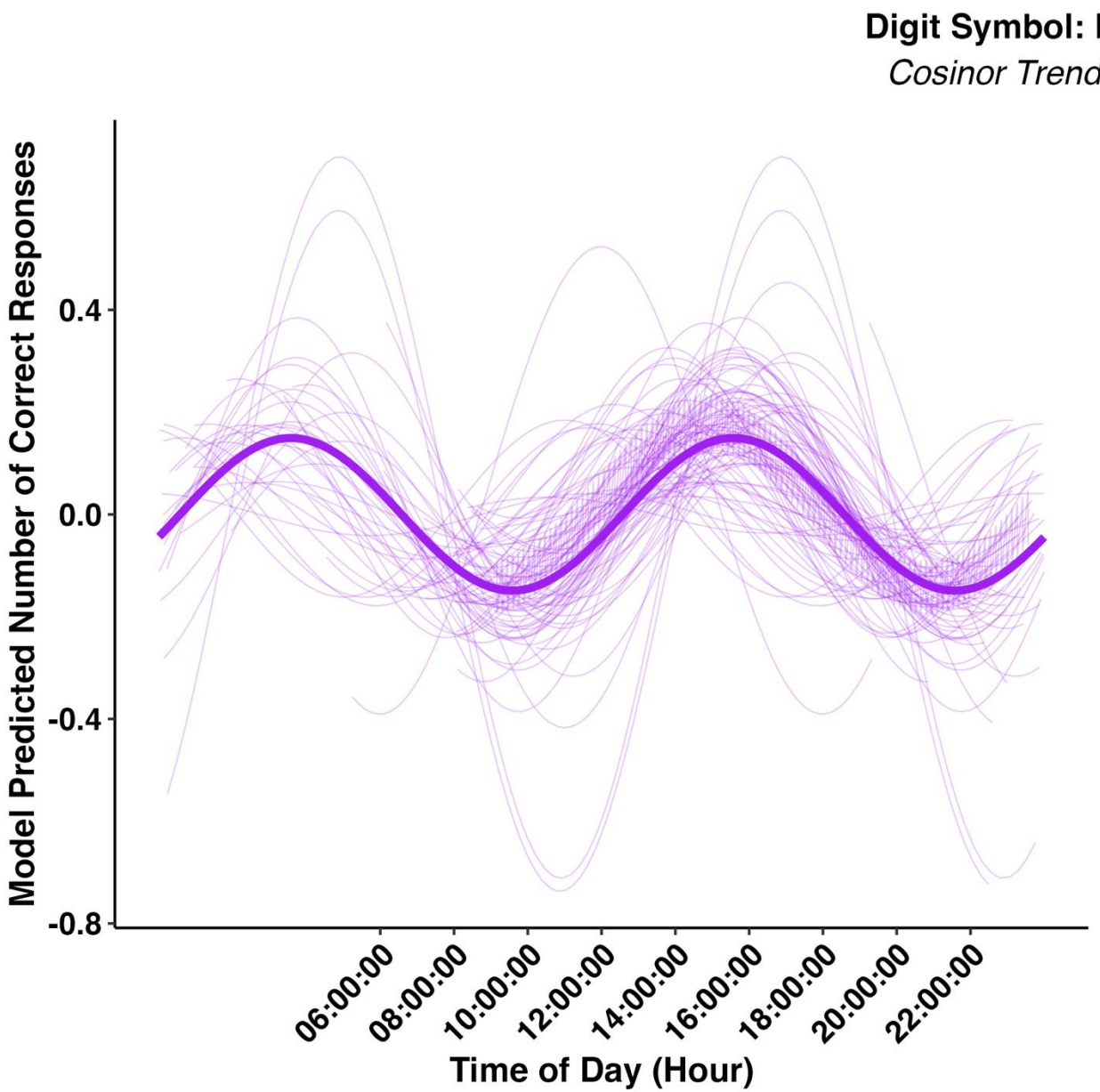

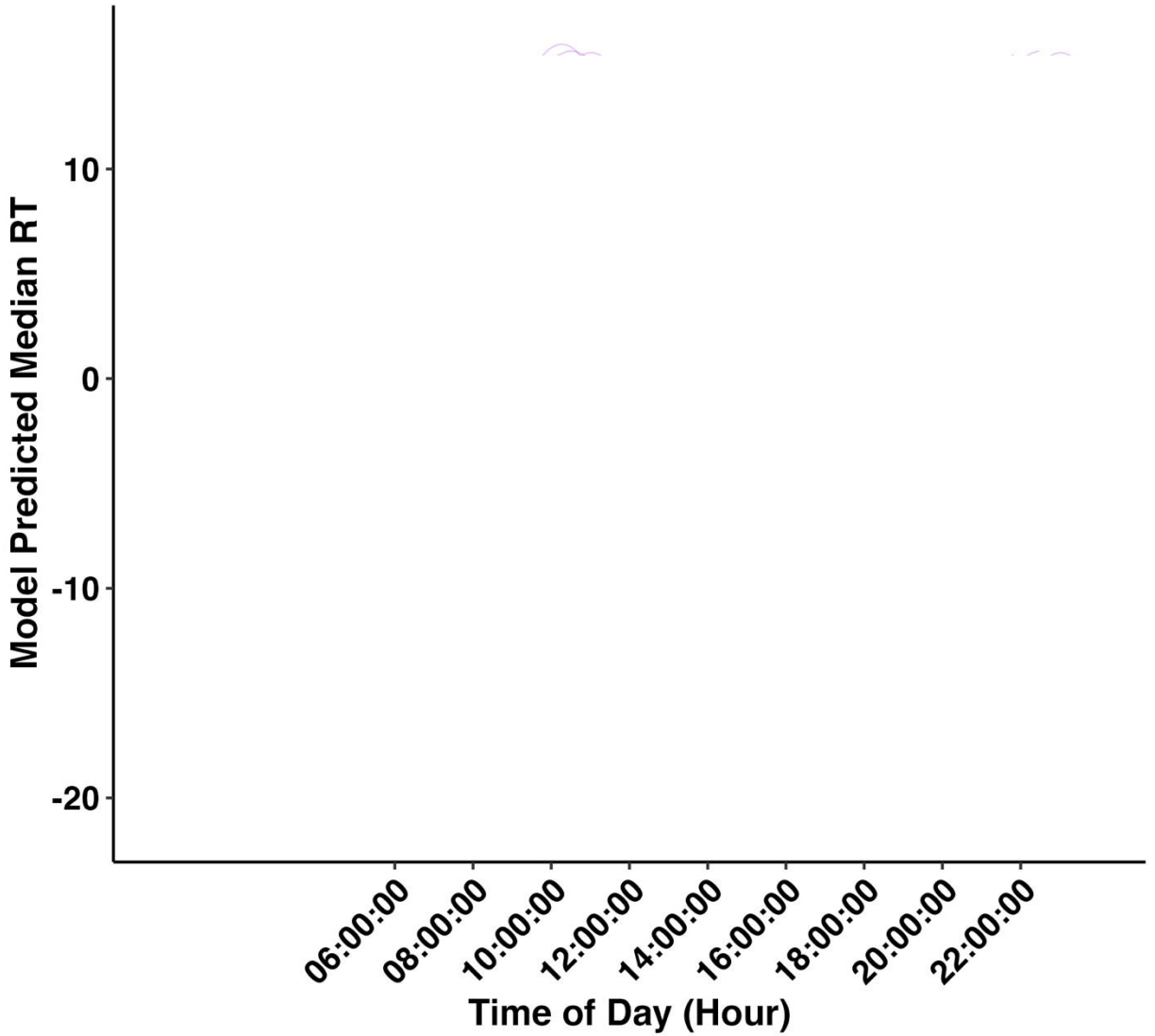

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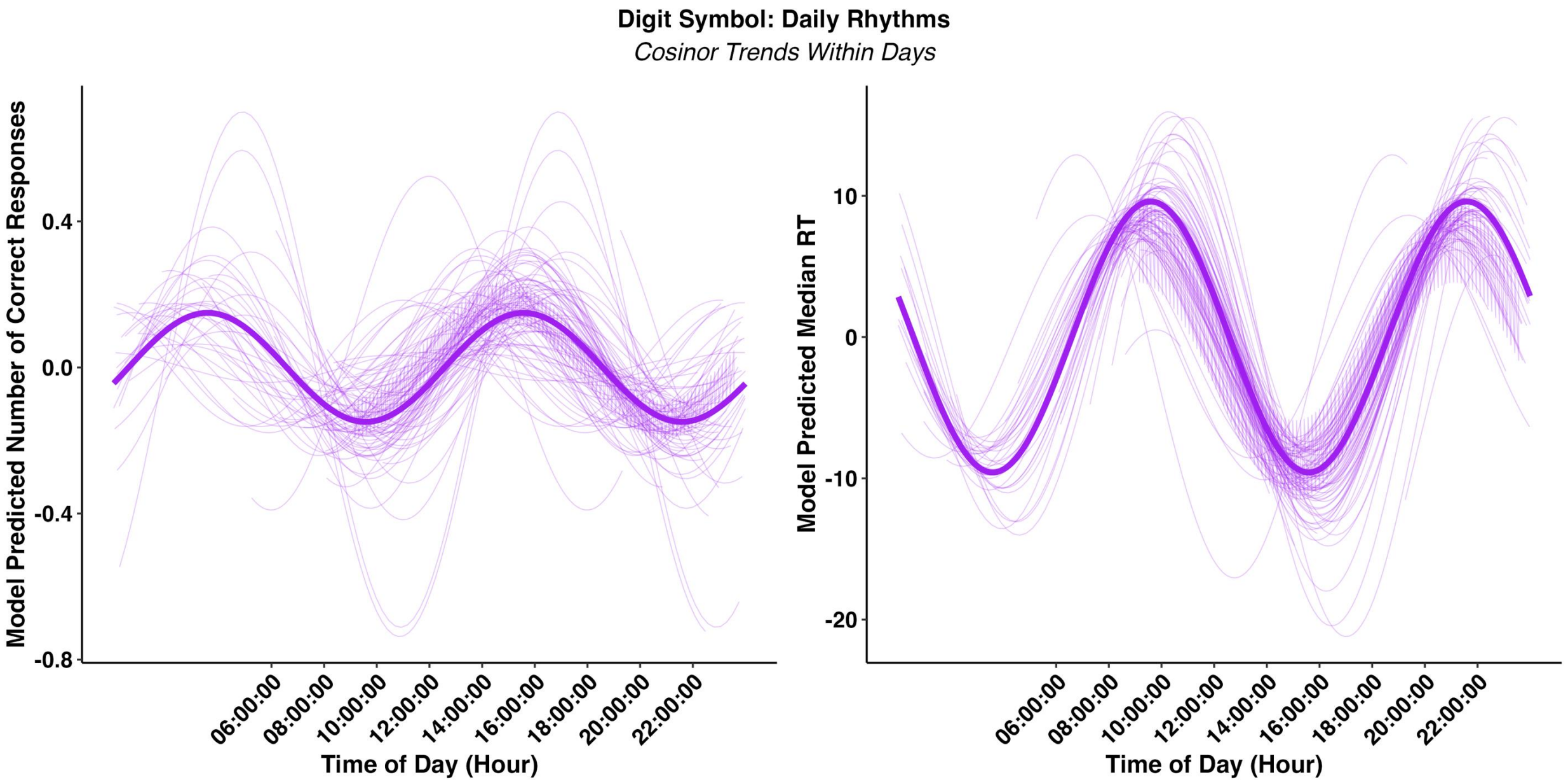

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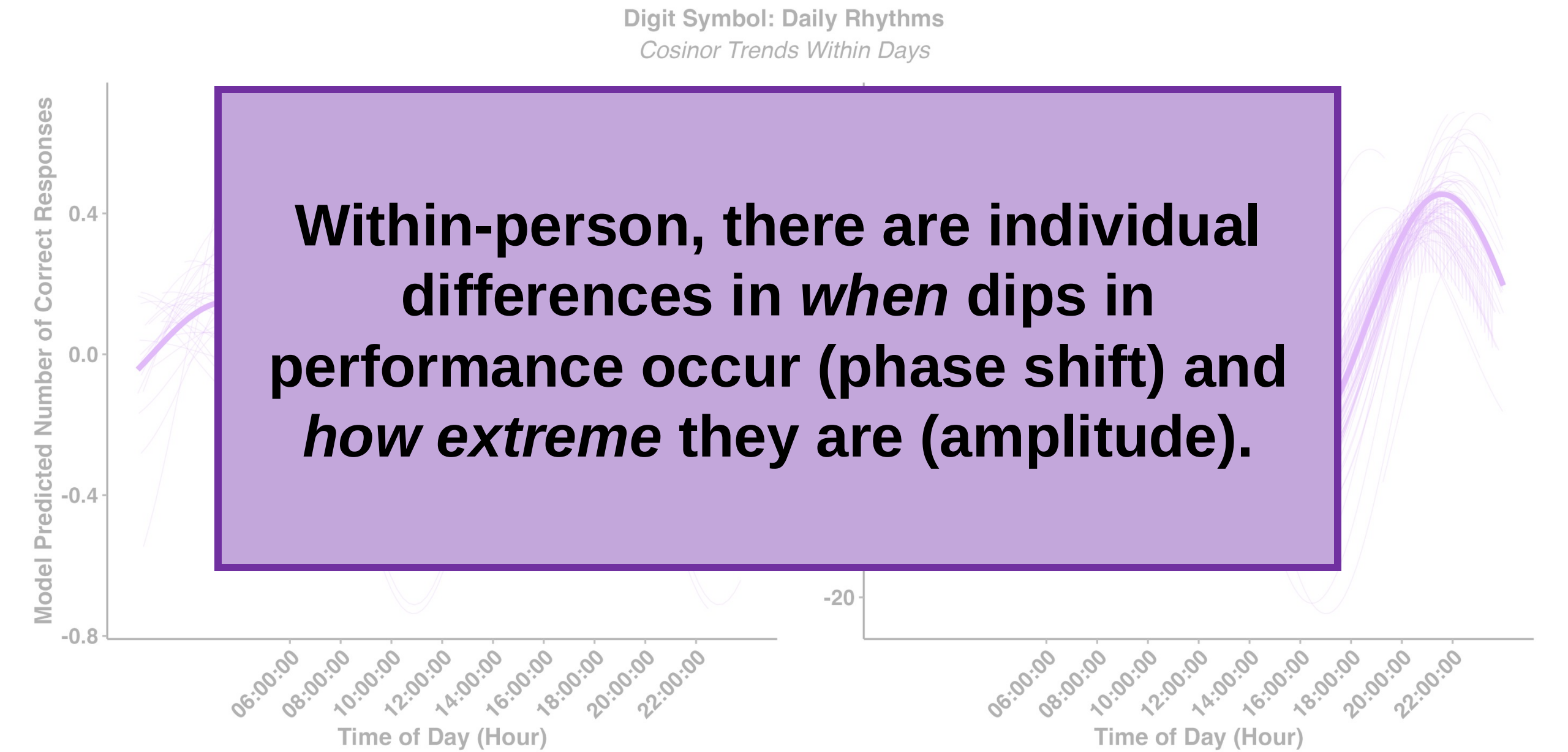

Within-person, there are individual differences in *when* dips in performance occur (phase shift) and *how extreme* they are (amplitude).