The impact of sleep on the formation and consolidation of spatial survey knowledge

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Abstract: A supporting effect of sleep on memory consolidation was reported for different contents. Here, we investigated the influence of sleep on the transformation of previously learned route and place knowledge into survey knowledge, a more abstract representation. The results support the assumption of both a consolidating as well as transforming effect: the wayfinding performance in the test session - namely the usage of unfamiliar shortcuts - suggests a consolidating effect of sleep.