

Brain Function

Your brain uses 20 percent of the total oxygen in your body.

If your brain loses blood for 8 to 10 seconds, you will lose consciousness.

While awake, your brain generates between 10 and 23 watts of power -- or enough energy to power a light bulb.

The old adage of humans only using 10% of their brain is not true. Every part of the brain has a known function.

The brain can live for 4 to 6 minutes without oxygen, and then it begins to die. No oxygen for 5 to 10 minutes will result in permanent brain damage.

A study of 1 million students in New York showed that students who ate lunches that did not include artificial flavors, preservatives, and dyes did 14 percent better on IQ tests than students who ate lunches with these additives.

Psychology of Your Brain

You can't tickle yourself because your brain distinguishes between unexpected external touch and your own touch.

There is a class of people known as supertasters who not only have more taste buds on their tongue, but whose brain is more sensitive to the tastes of foods and drinks. In fact, they can detect some flavors that others cannot.

The connection between body and mind is a strong one. One estimate is that between 50-70 percent of visits to the doctor for physical ailments are attributed to psychological factors.

Memory

Every time you recall a memory or have a new thought, you are creating a new connection in your brain.

Memories triggered by scent have a stronger emotional connection, and therefore appear more intense than other memory triggers.

While you sleep at night may be the best time for your brain to consolidate all your memories from the day. Lack of sleep may actually hurt your ability to create new memories.

Dreams and Sleep

Most people dream about 1-2 hours a night and have an average of 4-7 dreams each night.

Studies show that brain waves are more active while dreaming than when you are awake.

Some people (about 12 percent) dream only in black and white while others dream in color.

While you sleep, your body produces a hormone that may prevent you from acting out your dreams, leaving you virtually paralyzed.

Sources:

[Nursing Assistant Central December 31, 2008](#)