

## Electrical brain zaps show promise at improving memory in older adults

Shooting electrical current into the brain for just 25 minutes reversed the decline in working memory that comes with aging, scientists reported on Monday. Although the researchers tested the effects on people for only 50 minutes, the finding offers hope for boosting a mental function that is so crucial for reasoning, everyday problem-solving, and planning that it has been called the foundation of intelligence.

By stimulating the brain in precise regions with alternating current (AC), “we can bring back the superior working memory function you had when you were much younger,” psychology researcher Robert Reinhart.

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For alternating current, delivered by electrodes embedded in a skull cap, to become a treatment for working memory deficits, however, it would have to overcome a long list of hurdles, starting with proof that it's safe. But whether or not the findings, [published](#) in Nature Neuroscience, result in any practical applications, they provide some of the strongest evidence yet of why older adults aren't as good at remembering a just-heard phone number or an address in a just-seen text: Brain circuits become functionally disconnected and fall out of synchrony.

**Read full, original post:** [Zapping brain with precise electrical current boosts working memory in older adults, study finds](#)