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**Talk Title:**

The Hidden Drivers of Human Cognition: Understanding the Role of Spontaneous Physiological Activities

**Abstract:**

Our bodies continuously adapt to the ever-changing environment by engaging in spontaneous activities and adjustments, maintaining a stable state of self. This process plays a crucial role in optimizing our cognitive functions, memory, decision-making, and social interactions. In this lecture, we will focus on human behavior and brain activity, demonstrating how spontaneous eyeblinks, pupil movements, and heart rate-related interoceptions impact these aspects. Specifically, we will introduce the latest research findings on how these bodily activities are integrated into cognitive processes, decision-making, and social interactions.

**Biographical information:**

I am currently a professor at the Graduate School of Information Science and Technology, Osaka University. Prior to that, I was an Associate Professor at the Graduate School of Frontier Biosciences from September 2012 to March 2023. As for my academic background, I received my PhD from the Graduate School of Education, the University of Tokyo in 2009.