

# Weekly Update

## 1. 30,000 years of history reveals that hard times boost human societies' resilience

*According to a new analysis published May 1 in the journal Nature, this statement has been true for human civilizations throughout at least 30,000 years of history. Experts believe that societies that survived periods of stagnation and hardship and were able to perform better in crisis were either lucky or had some kind of skill in social behavior.*

**Source:** LiveScience

<https://www.livescience.com/human-behavior/30000-years-of-history-reveals-that-hard-times-boost-human-societies-resilience>

## 2. AI systems are already skilled at deceiving and manipulating humans

*According to these researchers, in a worst-case scenario, it is possible to imagine a super-intelligent artificial intelligence that seeks to dominate society, which, if realized, could lead to the removal of humans from power or the extinction of humanity. However, this scenario seems unlikely given the intense competition currently taking place between tech giants to develop artificial intelligence.*

**Source:** ScienceDaily

<https://www.sciencedaily.com/releases/2024/05/240510111440.htm>

## 3. Brain clearance is reduced during sleep and anesthesia

*The results of a recent research conducted in the United Kingdom show that during sleep and anesthesia, the detoxification process and movement of fluid in the brain of rats is significantly reduced. "Lack of sleep causes you to make a lot of mistakes in your work; such as not remembering things clearly or having poor hand-eye coordination." The idea that your brain does so-called cleaning and housekeeping while you sleep Yes, it makes sense.*

**Source:** Nature neuroscience

<https://www.nature.com/articles/s41593-024-01638-y>

## 4. Which Animal Can Hold Its Breath The Longest?

*This title goes to the beaked or beaked whale, based on the time recorded for diving underwater. During a 5-year study of 23 whales, scientists observed that one whale held its breath for an astonishing 3 hours and 42 minutes. In a study conducted in 2013, it was shown that the myoglobin of these mammals has a "positive charge". Dr. Michael Bernbrink said of this protein's positive charge: "This causes these proteins to repel each other like the poles of a magnet."*

**Source:** IFLScience

<https://www.iflscience.com/which-animal-can-hold-its-breath-the-longest-74186>

### **5. Does Revenge Taste Sweet? New Study Challenges Assumptions**

*It seems that revenge and its subsequent satisfaction are considered more indicative of the individual's ability to achieve one's goal. The scientists say, "Feeling pleasure after taking revenge may indicate that the primary motive is not to teach the offender a moral lesson, but to feel good and have a self-centered motive that is morally questionable."*

**Source:** NeuroScience

<https://neurosciencenews.com/revenge-psychology-26097/>

### **6. What causes the different colours of the aurora? An expert explains the electric rainbow**

*Scientists say that when these energetic particles enter the Earth's atmosphere at an altitude of 300 kilometers, due to the presence of different atoms and their different levels of excitation, they are more likely to form certain colors of the visible light spectrum. Earth's atmosphere consists of about 20% oxygen and 80% nitrogen and small amounts of water, carbon dioxide, and argon, among other things.*

**Source:** The Conversation

<https://theconversation.com/what-causes-the-different-colours-of-the-aurora-an-expert-explains-the-electric-rainbow-229899>

### **7. Steve Jobs, Einstein, and Zuckerberg: Science Explains Why Great Minds Choose the Same Outfit Every Day!**

*Facing this barrage of choices creates a kind of fatigue in our mind, which according to psychologists is called "decision fatigue" and it is a kind of mental degradation caused by constant decision making.*

**Source:** WECEB

<https://www.weceb.fm/steve-jobs-einstein-and-zuckerberg-science-explains-why-great-minds-choose-the-same-outfit-every-day/>

### **8. Google is redesigning its search engine — and it's AI all the way down**

*According to the CEO of Google, the purpose of redesigning the search engine is to show better and accurate results to the users so that they can see what they are looking for. This artificial intelligence feature appears when Google determines that it is the fastest and most effective way to complete a user's search; This comes in handy when the user asks more complex issues or when the user is brainstorming and planning.*

**Source:** The Verge

[https://www.theverge.com/2024/5/14/24155321/google-search-ai-results-page-gemini-overview?utm\\_source=tldrnewsletter](https://www.theverge.com/2024/5/14/24155321/google-search-ai-results-page-gemini-overview?utm_source=tldrnewsletter)

### **9. Cotton candy exoplanet is 2nd lightest planet ever found**

*Astronomers have recently identified a planet that is larger than Jupiter (the largest planet in the solar system) but surprisingly light and as fluffy as wool. According to scientists, this planet named WASP-193b seems to be an ideal choice to study the formation and evolution of unconventional planets.*

*Source:* **Space**

<https://www.space.com/exoplanet-2nd-lightest-cotton-candy>

### **10. Do you have an inner voice? Here's what it reveals about your brain**

*New research suggests that not everyone has an inner voice, and about 10 to 15 percent of people who do not hear such a voice may have trouble with some memory tests. In cognitive behavioral therapy, the person needs to identify and change harmful thought patterns, and having an inner voice is very important in this process.*

*Source:* **NEW YORK POST**

<https://nypost.com/2024/05/14/lifestyle/anendophasia-explained-how-no-inner-voice-can-affect-memory/>