

April 16, 2018

Multi-tasking

Simply listening to a conversation while driving:

- decreases activity by 37% in the part of the brain (parietal lobe) that perceives movement, brings together all of your sensory information (vision, hearing, touch, taste, smell, balance/movement) and also has importance for language processing;
- draws cognitive resources (such as judgment, memory and reasoning) away from driving;
- decreases activity in the part of the brain (occipital lobe) that processes visual information.

