



Wake up to the power of naps and dreams

Think that losing a little sleep won't hurt you? Think again. Everyone needs sleep, even elephant seals who grab 30 minutes of shut-eye during ocean dives, said **Gina R. Poe, Ph.D.**, a pioneering neuroscientist and this year's featured speaker at the Carole Mendelson, Ph.D., Distinguished Visiting Professorship Lecture, hosted by the Women in Science and Medicine Advisory Committee (WISMAC).

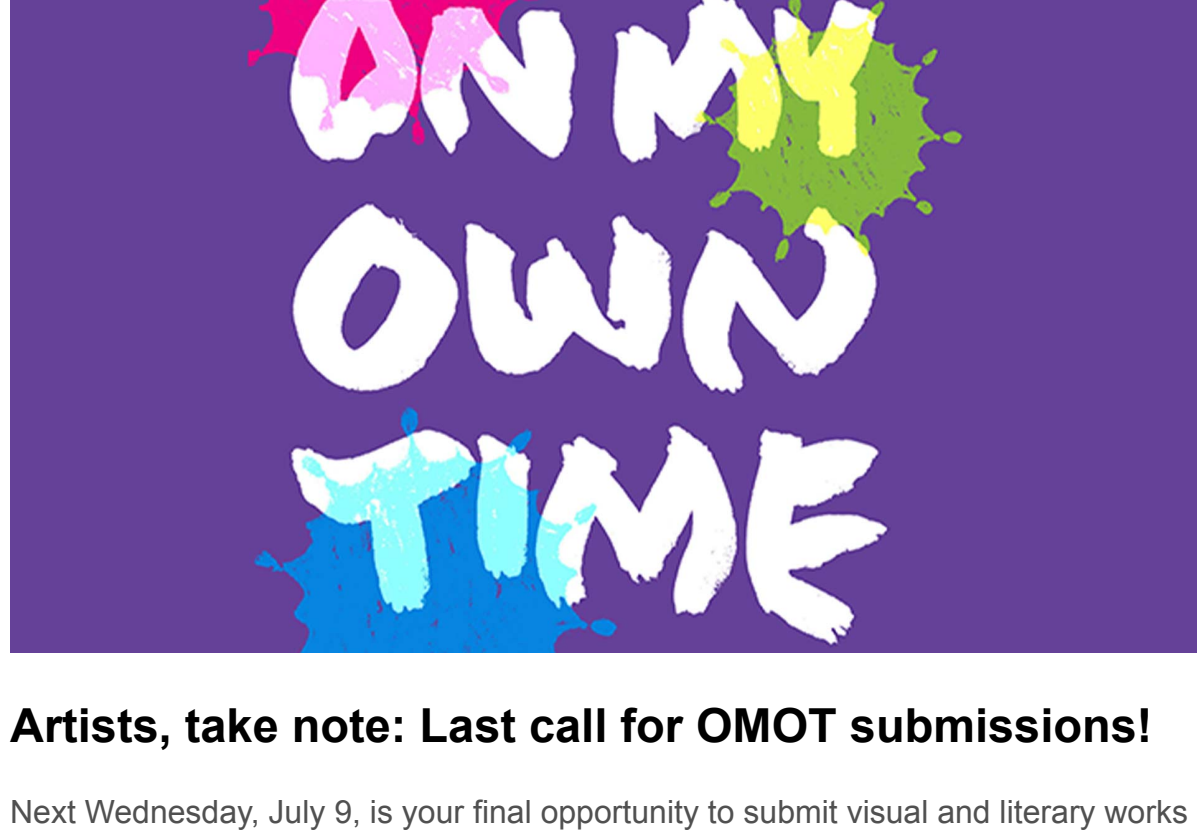
Dr. Poe, who is the Director of the UCLA Brain Research Institute, examines the critical role sleep plays in learning and recalling memories – and then forgetting them. As part of her lecture at UTSW, she explained that as elephant seals sink, they go into REM sleep. Their bodies are inactive during the dive, yet their brains are highly active – just like human brains.

"Sleep and dreaming are not a waste of time, but important and unique opportunities for the brain to reorganize itself in light of new information for our mental and neurological health," Dr. Poe said.

Read more about Dr. Poe's fascinating presentation on *Center Times Plus*.

[Why dreams matter](#)

Insider survey: Do you remember your dreams?



Artists, take note: Last call for OMOT submissions!

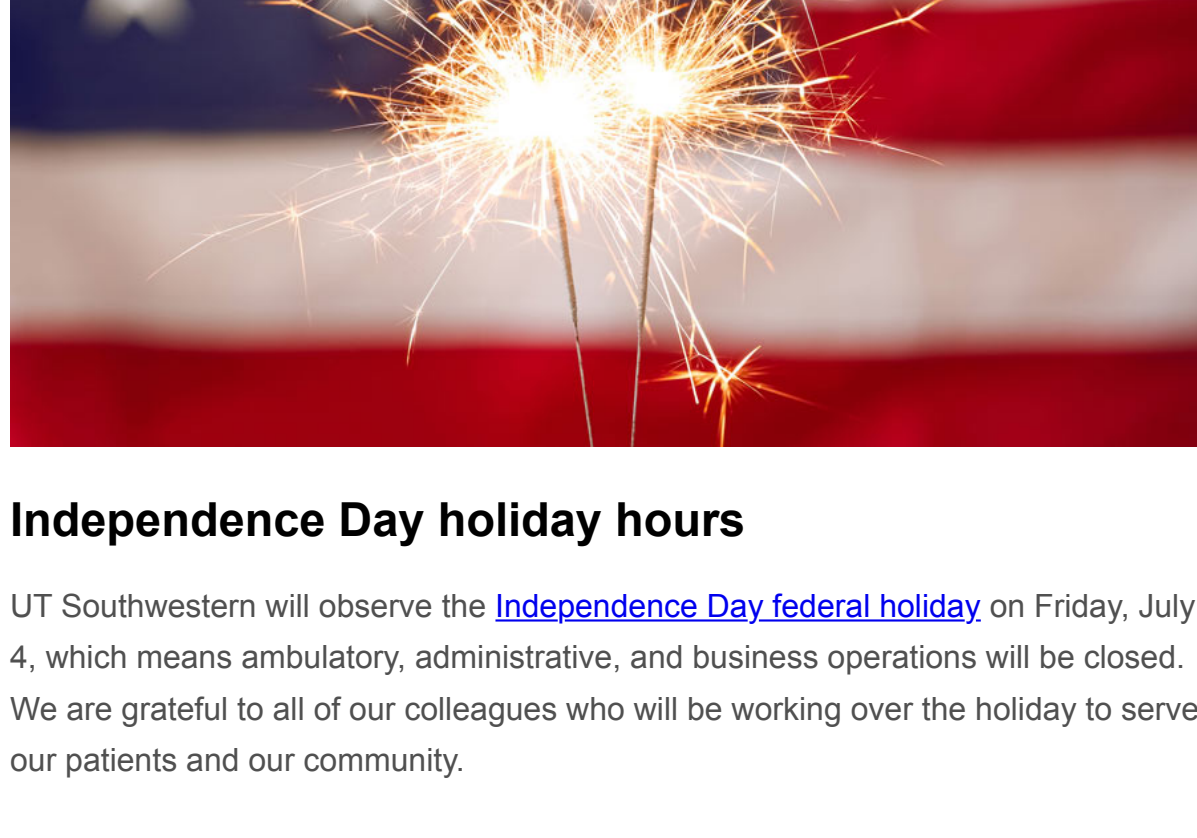
Next Wednesday, July 9, is your final opportunity to submit visual and literary works for On My Own Time (OMOT), the employee art show and competition supported by the Business Council for the Arts.

Whether your medium is painting, photography, textiles, mixed media, or the written word, there's a category to show off your creative flair. The most recently added category is AI art.

Visual art will be showcased at the A.W. Harris Faculty-Alumni Center, July 21-Aug. 29, and literary works will be uploaded to the UT Southwestern Institutional Repository at the same time. Winning visual works will be included in a regional show at NorthPark Center starting Sept. 17, and winning authors will be invited to present their works at a literary reception at Dallas College (Richland Campus Brazos Gallery) on Oct. 9.

For submission forms, rules, and a display of our past winners' creations, visit the website linked below.

[Submit your masterpiece!](#)



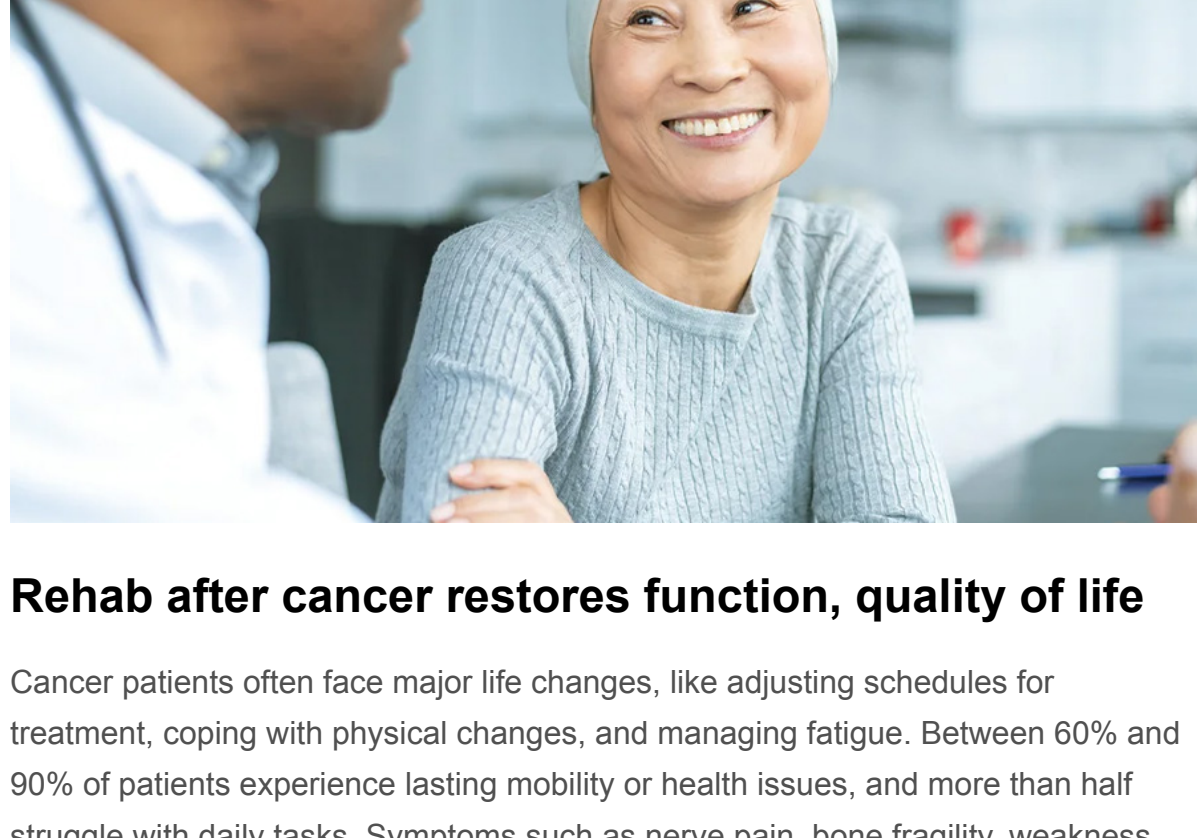
Independence Day holiday hours

UT Southwestern will observe the [Independence Day federal holiday](#) on Friday, July 4, which means ambulatory, administrative, and business operations will be closed. We are grateful to all of our colleagues who will be working over the holiday to serve our patients and our community.

If you're looking for the perfect spot to catch fireworks this Fourth of July, our social media team has you covered! Head over to our Instagram for a curated list of top DFW locations to enjoy dazzling displays lighting up the night sky.

The *Insider* team wishes you a happy, fun, and safe Fourth of July!

[Where to watch the fireworks](#)



Rehab after cancer restores function, quality of life

Cancer patients often face major life changes, like adjusting schedules for treatment, coping with physical changes, and managing fatigue. Between 60% and 90% of patients experience lasting mobility or health issues, and more than half struggle with daily tasks. Symptoms such as nerve pain, bone fragility, weakness, and limited motion can persist for years without proper care. Yet, fewer than 10% of these patients receive personalized rehabilitation.

In a recent MedBlog, **Michael Fediw, M.D.**, Assistant Professor in the Department of Physical Medicine & Rehabilitation, discusses UT Southwestern's multidisciplinary approach to inpatient rehab and outpatient therapy.

"Cancer rehabilitation is a growing field that helps patients thrive after cancer treatment, not just survive," Dr. Fediw says. "Our goal is to address the root cause of what's holding you back and help you feel better at any stage of treatment or survivorship."

[Learn more about UTSW's cancer rehab](#)

Insider Guide



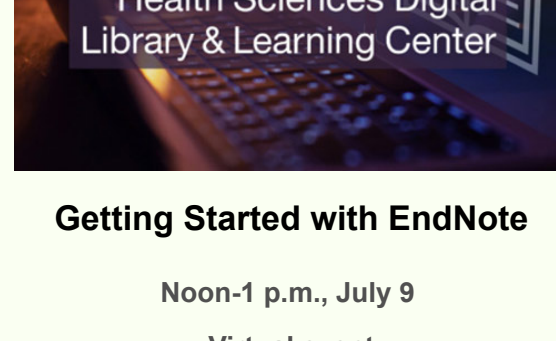
But First My Mental Health: Building Self Awareness and Developing Personal Wellness

Noon-1 p.m., July 9

Virtual event

Join **Amor Correa, Ph.D.**, Psychologist and Assistant Professor, for a powerful keynote on building self-awareness and personal wellness. The entire UTSW community is invited to discover how to prioritize mental health and take the first step toward a healthier, more balanced you. After the presentation, there will be a brief Q&A session.

[Register for "But First My Mental Health"](#)



Getting Started with EndNote

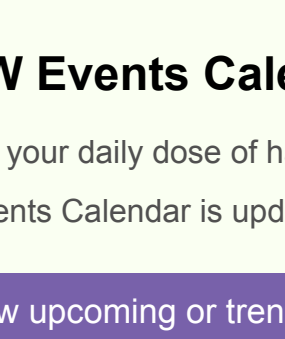
Noon-1 p.m., July 9

Virtual event

The UT Southwestern Health Sciences Digital Library and Learning Center is offering a beginner-friendly session to learn how to create and organize your EndNote library, import references, group them efficiently, and use Cite While You Write in Microsoft Word.

If you can't make it to the training, you can book an [individual training session](#).

[Register to begin your EndNote journey](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utswinsider@utsouthwestern.edu. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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