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*Research Articles: Behavioral/Cognitive*

**The Sync/deSync model: How a synchronized hippocampus and a de-synchronized neocortex code memories**

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22 **Abstract**

23 Neural oscillations are important for memory formation in the brain. The de-synchronisation of Alpha  
24 (10Hz) oscillations in the neo-cortex has been shown to predict successful memory encoding and  
25 retrieval. However, when engaging in learning, it has been found that the hippocampus synchronises  
26 in Theta (4Hz) oscillations, and that learning is dependent on the phase of Theta. This inconsistency as  
27 to whether synchronisation is 'good' for memory formation leads to confusion over which oscillations  
28 we should expect to see and where during learning paradigm experiments. This paper seeks to  
29 respond to this inconsistency by presenting a neural network model of how a well-functioning learning  
30 system could exhibit both of these phenomena, i.e. desynchronization of Alpha and synchronisation  
31 of Theta during successful memory encoding.

32 We present a spiking neural network (the Sync/deSync model) of the neo-cortical and hippocampal  
33 system. The simulated hippocampus learns through an adapted spike-time dependent plasticity rule,  
34 in which weight change is modulated by the phase of an extrinsically generated Theta oscillation.  
35 Additionally, a global passive weight decay is incorporated, which is also modulated by Theta phase.  
36 In this way, the Sync/deSync model exhibits Theta phase-dependent long-term potentiation and long-  
37 term depression. We simulated a learning paradigm experiment and compared the oscillatory  
38 dynamics of our model with those observed in single-cell and scalp-EEG studies of the medial temporal  
39 lobe. Our Sync/deSync model suggests that both the de-synchronisation of neo-cortical Alpha and the  
40 synchronisation of hippocampal Theta are necessary for successful memory encoding and retrieval.

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46 **Significance Statement**

47 A fundamental question is the role of rhythmic activation of neurons, i.e. how and why their firing  
48 oscillates between high and low rates. A particularly important question is how oscillatory dynamics  
49 between the neo-cortex and hippocampus support memory formation. We present a spiking neural-  
50 network model of such memory formation, with the central ideas that 1) in neo-cortex, neurons  
51 need to break-out of an Alpha oscillation in order to represent a stimulus (i.e. Alpha desynchronises),  
52 while 2) in hippocampus, the firing of neurons at Theta facilitates formation of memories (i.e. Theta  
53 synchronises). Accordingly, successful memory formation is marked by reduced neo-cortical Alpha  
54 and increased hippocampal Theta. This pattern has been observed experimentally and gives our  
55 model its name – the Synch/deSynch model.

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67 **Introduction**

68 Brain oscillations, via their ability to synchronize and desynchronize neuronal populations, play a  
69 crucial role in the formation and retrieval of episodic memories. However, little is known about how  
70 oscillations implement the necessary mechanisms for encoding and retrieval of such memories. This  
71 knowledge gap is partly due to a lack of computational models simulating oscillatory behaviours as  
72 observed in human EEG/MEG recordings during memory tasks. The link between oscillations and  
73 memory is further complicated by empirical data, which has fuelled a conundrum as to how  
74 oscillations relate to memory. Specifically, hippocampal Theta (~3-8 Hz) and gamma (~40-80 Hz)  
75 synchronisation (Fell & Axmacher, 2011) and the de-synchronisation of Alpha and beta (8-30 Hz) in  
76 cortical regions (Hanslmayr, et al., 2012) have both been reported as important for memory encoding  
77 and retrieval. Classic computational models theorise that hippocampal and neo-cortical regions offer  
78 functionally distinct mechanisms to form episodic memory (O'Reilly, et al., 2014), where a sparsely  
79 connected hippocampus learns new information quickly and a dense neo-cortex incorporates this  
80 information slowly. Building on these complementary learning systems, we recently presented a  
81 potential solution to the synchronization/de-synchronization conundrum (Hanslmayr, et al., 2016),  
82 suggesting that hippocampal Theta synchronisation (~4Hz) mediates the binding of concepts, while  
83 neocortical Alpha de-synchronisation (~10Hz) is due to the representations of these concepts  
84 becoming active. We here present a first computational network model which implements these  
85 mechanisms and simulates the opposing synchronizing and desynchronizing behaviours in the  
86 hippocampus and neocortex during a typical episodic memory task. Our model, while being very  
87 simple, successfully simulates a number of empirical findings ranging from human single neuron  
88 recordings, intracranial EEG recordings, to non-invasive EEG/MEG recordings and therefore  
89 represents a useful theoretical link between different levels of human electrophysiological recordings.

90 Theta oscillations in medial temporal lobe are assumed to play a key role in the formation of  
91 memories, where learning is dependent on the power of Theta oscillations and the timing of action

92 potentials in relation to the ongoing Theta cycle (Rutishauser, et al., 2010) (Backus, et al., 2016)  
93 (Staudigl & Hanslmayr, 2013) (Heusser, et al., 2016). Studies in rodents have provided a mechanism  
94 by which Theta oscillations exert their influence on memory in showing that Long-Term-Potentiation  
95 (LTP) and Long-Term-Depression (LTD) occur in specific phases of the Theta cycle (Huerta & Lisman,  
96 1995) (Pavlidis, et al., 1988). Building on theories of synaptic plasticity, it has been postulated that  
97 LTD occurs whilst most neurons in region CA1/CA3 are active in the excitatory phase of Theta (as  
98 recorded from CA1/CA3 hippocampal regions), whereas LTP occurs in the inhibitory phase of Theta  
99 when most neurons are silent (Hasselmo, 2005). (We clarify how these inhibitory and excitatory  
100 phases map onto the trough and peak of Theta in subsection “Computational model”). The model we  
101 describe here shows that stimulated hippocampal cells demonstrate a phase shift forward in Theta,  
102 enabling LTP to occur in the inhibitory phase of Theta where other non-stimulated cells are silent.

103 Concerning Alpha oscillations, it can be assumed that there is a negative relationship between Alpha  
104 power and discriminating neural activity (Haegens, et al., 2011), leading to the notion that Alpha  
105 provides functional inhibition (Klimesch, et al., 2007) (Jensen & Mazaheri, 2010). Supporting this  
106 notion, Alpha power decreases (i.e. desynchronizations) are often localized in cortical regions relevant  
107 for a given task, whereas Alpha power increases occur in competing areas that are being inhibited  
108 (Jokisch & Jensen, 2007) (Waldhauser, et al., 2012). These findings suggest that the de-synchronisation  
109 of Alpha represents the flow of information to a targeted group of neurons. Consistent with this  
110 general gating function of Alpha, power decreases are strongly evident in episodic memory tasks  
111 where cortical Alpha power decreases predict successful encoding (Hanslmayr, et al., 2012) and  
112 retrieval (Khader, et al., 2010) (Waldhauser, et al., 2016). In addition to the hippocampal Theta  
113 dynamics, our model also simulates such memory dependent Alpha power decreases in the neocortex  
114 during the encoding and retrieval of episodic memories.

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116

117 **Materials and methods**

118 **Computational model**

119 Here we describe a simple computational neural network model, which takes inspiration from the  
120 complementary learning systems framework (CLS), and lends credence to the previously theorised  
121 notion that opposing oscillatory behaviour in cortical and Hippocampal regions both contribute to  
122 episodic memory formation (Hanslmayr, et al., 2016). We do not fully detail the different steps of how  
123 information enters and exits the hippocampus through different subregions, e.g. via the perforant  
124 pathway from entorhinal cortex. Importantly, Theta oscillations show a phase reversal between the  
125 two pathways from entorhinal cortex to CA1 (the monosynaptic perforant pathway and the tri-  
126 synaptic pathway, via the schaffer collaterals), which is the focus of previous models describing the  
127 computational utility of Theta in providing discrete time windows for encoding and retrieval  
128 (Hasselmo et al., 2005) or error-driven learning (Ketz et al., 2013). Our model draws inspiration from  
129 these works, but focusses particularly on the dynamics in region CA1. The key functional property we  
130 have constructed our model upon is that Theta sets up an inhibitory phase at the soma of pyramidal  
131 cells, at which LTP occurs, and a facilitatory phase at the soma of such cells, at which LTD occurs.  
132 Neurophysiologically, this could arise from the coincidence of a trough of fissure Theta (which is  
133 known to coincide with LTP); a peak at stratum radiatum (input from schaffer collaterals to CA1); and  
134 a trough at stratum pyramidale (i.e. functional inhibition at the cell body). This pattern is justified in  
135 (Hasselmo et al., 2005, section “Induction of LTP”), and is consistent with (Hanslmayr, et al., 2016),  
136 which refers to the peak in stratum radiatum. To simplify presentation, through the main body of the  
137 paper, we use functional descriptors, i.e. we talk in terms of the inhibitory phase of Theta, meaning  
138 functional suppression at the pyramidal cell body, and the facilitatory phase of Theta, meaning  
139 functional facilitation at the pyramidal cell body. In these terms, we will model a simple mechanism  
140 to simulate a typical episodic memory paradigm where an association between stimuli has to be learnt

141 in one trial. A principle of our modelling endeavour has been to identify the simplest neural  
142 instantiation of our theory under an Ockham's razor principle.

### 143 **Experimental paradigm**

144 We chose to compare our model to an experiment that recorded from medial-temporal-lobe (MTL)  
145 neurons within epilepsy patients (Ison, et al., 2015). As depicted in Figure 1A, the experimenters  
146 screened many images of people to each participant to find one that the neuron under observation  
147 responded to, denoted from here on as the preferred (P) image. A separate image of a location was  
148 chosen that the neuron did not respond to, denoted as the non-preferred (NP) image. The P image of  
149 the person was then digitally superimposed onto the NP image of the location (denoted here as the  
150 composite (C) image), before being presented to the participant in what is termed here as the learning  
151 phase. The experimenters then conducted the screening process again, presenting both the NP & P  
152 images, to assess the impact of learning on the activity of the Hippocampal neuron. Figure 1A shows  
153 how we simulated this paradigm, where there is a screening phase before and after the presentation  
154 of the composite stimulus.

### 155 **Neuron physiology**

156 Our model comprises two groups of neurons representing the neo-cortex (NC) and the hippocampus  
157 (Figure 1Ba), split again into two subgroups coding for the P and NP images (where the number of  
158 neurons in each group was  $N_{NC} = 20$ ,  $N_{hip} = 10$ ). All neurons are simulated using an Integrate-and-  
159 Fire equation (*equation 1*,  $V_{th} = -55mV$ ,  $E = -70mV$ ,  $C_m = 240nF$ ,  $V_{ref} = 2ms$ ,  $\tau_m = 20ms$ ).  
160 A spike event is sent to other downstream connected neurons if the membrane potential ( $V_m(t)$ ) of a  
161 neuron surpasses the threshold for firing ( $V_{th}$ ). After a spike, the neuron enters a refractory period,  
162 where the membrane potential is clamped to the resting potential ( $E$ ) for a set period ( $V_{ref}$ ). With  
163 this equation, the membrane potential of a neuron is constantly decaying to its resting potential ( $E$ )  
164 at a rate dictated by the membrane time constant ( $\tau_m$ ). The sum of all inputs at  $t$  is divided by the  
165 capacitance ( $C_m$ ) of the membrane potential. Inputs originate from constant alternating currents



166 ( $I_{tonic}$ ), the sum of excitatory-post-synaptic-potentials (EPSPs) from spikes at each input synapse  
 167 ( $I_{syn}$ ) and an after-de-polarisation function ( $I_{ADP}$ ), which will be described in more detail later.

$$168 \quad \Delta V_m(t) = \frac{E - V_m(t-1)}{\tau_m} + \frac{I_{tonic}(t) + I_{syn}(t) + I_{ADP}(t)}{C_m}$$

169 Equation 1: The integrate-and-fire model

170 An Alpha function (*equation 2*) was used to model EPSPs for incoming spike events, where  $\Delta t$  is equal  
 171 to the current time ( $t$ ) minus the time of the eliciting spike ( $t_{fire}$ ). The higher the synaptic time  
 172 constant  $\tau_s$ , the larger the integral through time of the EPSP, ensuring that a spike has a more  
 173 sustained effect on the receiving neuron's membrane potential. All synapses within the NC integrated  
 174 with a  $\tau_s$  of 1.5ms, whilst synapses within the Hippocampus integrated with a slightly larger synaptic  
 175 time constant ( $\tau_s = 5ms$ ) to allow them to more easily interact with one another. Spikes originating  
 176 from external noise generators had a synaptic time constant of 1.5ms.

$$177 \quad EPSP(t) = \left( e \cdot \frac{\Delta t}{\tau_s} \right) \cdot \exp\left(-\frac{\Delta t}{\tau_s}\right), \quad \Delta t = t - t_{fire}$$

178 Equation 2 : The Excitatory-Post-Synaptic-Potential (EPSP)

### 179 **Neocortical system**

180 Based on CLS, the NC system learns slowly from repeated presentations. As our model emphasises the  
 181 effect of oscillations on a single learning event, we assumed the existence of two pre-established NC  
 182 populations, one representing the P and the other the NP concept, where neurons within each  
 183 population had a 25% chance of being connected and synaptic modification was not implemented due  
 184 to an assumed slow cortical learning rate (Figure 1Bi). Each NC neuron received background noise,  
 185 representing "chatter" from other brain regions, in the form of Poisson distributed spike-events (~42k  
 186 spikes/s). We do not explicitly model a neural mechanism for oscillations, thus a cosine wave of  
 187 frequency 10Hz (amplitude = 21pA) was fed into NC neurons via  $I_{tonic}$  to model ongoing Alpha. This  
 188 approximates the dominance of Alpha oscillatory activity in the cortex, which arise via pacemaker

189 regions like the thalamus (Hughes, et al., 2004) or emerge via cortico-cortical top-down interactions  
190 (van Kerkoerle, et al., 2014). Two separately generated Poisson distributed spike-trains (~80k spikes/s)  
191 were then paired with each NC subgroup upon stimulus presentation, modelling the activation of the  
192 P and/or NP images from higher cortical and visual areas. Stimulus related spike-trains were multiplied  
193 by an Alpha function (equation 2,  $\tau_s = 250\text{ms}$ ) to more realistically model the activation of many  
194 neurons at stimulus onset.

195

### 196 **Hippocampal system**

197 Hippocampal neurons were similarly organised into two subgroups (Figure 1Bi), where each neuron  
198 received background noise (~4k spikes/s) and a cosine wave of 4Hz (amplitude = 28pA) to model  
199 ongoing Theta. This ongoing Theta oscillation approximates input into the hippocampus from  
200 pacemaker regions like the septum (Petsche, et al., 1962), or interactions between different types of  
201 interneurons acting as local Theta generators (Rotstein, et al., 2005). Based on CLS, the Hippocampal  
202 system learns quickly from a single presentation. Therefore, Hippocampal synaptic modification was  
203 enabled via an adapted Spike-Time-Dependent-Plasticity (STDP) learning rule (Song, et al., 2000). We  
204 adjusted this rule to relate to empirical evidence that Hippocampal learning is Theta phase dependent  
205 (Huerta & Lisman, 1995), with LTP occurring in the functionally inhibitory phase and LTD in the  
206 functionally excitatory phase of Theta (Hasselmo, 2005). To this end, synaptic LTP was implemented  
207 by multiplying STDP weight modifications by the phase of the Theta cosine wave, with a value between  
208 0 and 1, with 0 on the excitatory “up” phase and 1 on the inhibitory “down” phase (Figure 1Bii).

209 When a neuron spiked, a reward ( $A_+$ ) for contributing synapses was calculated as the product of a  
210 constant learning rate ( $\epsilon \in \mathbb{R}. 0 \leq \epsilon \leq 1$ ), Theta at time  $t$  ( $\theta \in \mathbb{R}. 0 \leq \theta \leq 1$ ) and the maximum  
211 weight ( $W_{max}$ ), whilst punishments for competing synapses were calculated as  $A_- = 1.1 \cdot A_+$   
212 (equation 3). The greater strength for  $A_-$  compared to  $A_+$  reflected a preference for synaptic  
213 weakening in order to maintain a stable network. Whenever a spike event occurs, at unit  $i$  or  $j$ , an

214 accumulated STDP update  $v_{ij}(t)$  for synapse  $i$  to  $j$  is calculated from its history of previous spiking ( $i$   
 215 then  $j$  or  $j$  then  $i$ ) (equation 5). A function was then used to calculate the STDP acting on the synapse  
 216 (equation 4), where an exponential weighting of  $A_+$  was applied if the pre-synaptic spike occurred  
 217 before the post-synaptic spike and of  $A_-$  if the post-synaptic spike occurred first. All Hippocampal  
 218 weights were subject to STDP updates, along with an exponential passive decay, which was multiplied  
 219 by the complement of the phase of Theta ( $1 - \theta(t)$ ) (equation 6). The presence of this decay is  
 220 consistent with the non-specific LTD that might occur during oscillatory spiking in the facilitatory phase  
 221 of Theta (Hasselmo, 2005). This decay was larger for smaller weights, establishing a transition point  
 222 whereby weakly interacting synapses were pruned ( $\tau_w = 20$ ). A piecewise linear bounding function  
 223 was used to protect against sign reversal and run-away weights (equation 7;  $W_{max} = 120$ ;  $W_{min} =$   
 224 0).

225

$$226 \quad A_+ = \varepsilon \cdot \theta(t) \cdot W_{max}, \quad A_- = 1.1 \cdot A_+$$

227 Equation 3 : Reward ( $A_+$ ) and punishment ( $A_-$ ) of synapses.

$$228 \quad F(\Delta t) = \begin{cases} A_+ \cdot \exp(\Delta t / \tau_s), & \text{if } \Delta t < 0 \\ -A_- \cdot \exp(-\Delta t / \tau_s), & \text{if } \Delta t \geq 0 \end{cases}$$

229 Equation 4 : Function for STDP between pre and post-synaptic spikes (Song, et al., 2000), where  $\Delta t$  is  
 230 always the difference between the time of a pre-synaptic and post-synaptic spike.

231  $\forall i, j \in \mathbb{N} \text{ s.t. } C(i, j) .$

$$232 \quad v_{ij}(t) = \begin{cases} \sum_{t' \in T(i, t)} F(t' - t), & \text{if } S(t)_j \\ \sum_{t' \in T(j, t)} F(t - t'), & \text{if } S(t)_i \\ 0, & \text{otherwise} \end{cases}$$

$$233 \quad T(k, t) = \{ d \in \mathbb{R}^{0,+} \mid S(d)_k \wedge t \geq d \}$$

234 Equation 5 : SDTP synaptic modification at time  $t$  for a network with node labels  $\aleph = \{1, \dots, n\}$ .  $C(i, j)$   
 235 is true if and only if  $i$  and  $j$  are connected.  $S(t)_i$  indicates a spike event at the  $i$ th neuron at time  $t$ .  
 236  $T(k, t)$  returns the set of all times before time  $t$ , at which there was a spike at neuron  $k$ . This is used  
 237 to provide spike events paired, across synapse  $i, j$ , with the spike at time  $t$ . In addition, we use auxiliary  
 238 weight variables  $v_{ij}$  and  $V_{ij}$  to enable application of a piecewise linear bounding function, see eqn 7.

239

240

$$241 \quad \forall i, j \in \aleph \text{ s.t. } C(i, j) \cdot V_{ij}(t) = W_{ij}(t-1) + v_{ij}(t) - \frac{(1 - \theta(t)) \cdot \exp\left(-\frac{W_{ij}(t-1)}{\tau_w}\right)}{\tau_w}$$

242 Equation 6 : Update of auxiliary weight variable and implementation of non-specific passive decay of  
 243 synapses.

$$244 \quad W_{ij}(t) = \begin{cases} W_{min}, & \text{if } V_{ij}(t) < W_{min} \\ W_{max}, & \text{if } V_{ij}(t) > W_{max} \\ V_{ij}(t), & \text{otherwise} \end{cases}$$

245 Equation 7 : Piecewise linear bounding function

246 Hippocampal neurons were interconnected with a probability of 40% to form a connection.  
 247 Additionally, as it was assumed that both images were previously known to the participants but not  
 248 associated, a random 50% of synapses within each subgroup had initial synaptic weights of  $W_{max}$   
 249 whilst all others were set to 0. This ensured the random assignment of pre-established sets of winning  
 250 and losing pathways within the subgroups coding for the P & NP image.

251 Hippocampal neurons received additional input from an After-De-Polarisation (ADP) function (Jensen,  
 252 et al., 1996) to control activation (*equation 8*;  $A_{ADP} = 100pA, \tau_{ADP} = 250ms$ ). This provided  
 253 exponentially ramping input, which was reset after each spike-event ( $t_{fire}$ ). Evidence for an ADP  
 254 function in hippocampal neurons has been found experimentally during cholinergic (Andrade, 1991)

255 (Caesar, et al., 1993) (Libri, et al., 1994) and serotonergic (Araneda & Andrade, 1991) modulation, and  
256 has the effect here of modelling an effectively inhibitory input for each Hippocampal neuron, which  
257 wanes the further one is from the eliciting spike.

$$258 \quad I_{ADP}(t) = \frac{A_{ADP} \cdot \Delta t}{\tau_{ADP}} \cdot \exp\left(1 - \frac{\Delta t}{\tau_{ADP}}\right), \quad \Delta t = t - t_{fire}$$

259 Equation 8 : After-De-Polarisation (ADP) function

260

261

## 262 **Local Field Potential (LFP) and Time Frequency Analysis (TFA) methods**

263 The LFP measures the activity of a group of neurons by first aggregating spikes through time. This was  
264 then filtered twice, first by using a Hanning filter with a 30ms window and then again with a sampling  
265 frequency between 2-6Hz or 8-12Hz dependent on whether we are filtering by Theta or Alpha,  
266 respectively. The LFP was analysed in time-frequency space using a Gabor filter with an upper and  
267 lower bound of 2-6Hz or 8-12Hz for Theta or Alpha analysis ( $\gamma = 0.5$  for  $<30\text{Hz}$  or  $\gamma = \pi/2$  for  $>30\text{Hz}$ ).  
268 The absolute values were then taken and plotted in time-frequency space.

## 269 **Code Availability**

270 The Matlab code that was used to generate the results in reported in this manuscript can be  
271 downloaded at <https://github.com/GP2789/Sync-deSync-model>.

272

## 273 **Results**

### 274 **Simulation procedure**

275 We simulated our model based on a learning paradigm used in an MTL single cell recording experiment  
276 (Ison, et al., 2015). During the initial screening phase, both the P & NP images were presented  
277 individually. This was simulated by independently creating two Poisson distributed spike trains ( $\sim 80\text{k/s}$   
278 for 2 seconds) that fed into each respective P & NP subgroup of NC neurons (Figure 1A; P = blue, NP =  
279 magenta). An inter-stimulus interval of 2 seconds was used. Afterwards, we presented both images in  
280 a composite stimulus (green), where both subgroups of NC neurons concurrently received spike-  
281 trains. Following this learning phase, we repeated the screening phase to assess the capability of the  
282 network to associate these stimuli together. The whole process was simulated 1000 times to assess  
283 the variability of the network, where for each simulation the Alpha and Theta cosine waves each began  
284 at a different random phase (choosing a random  $30^\circ$  angle between  $0-360^\circ$ , i.e.  $N \times 30^\circ$  where  $N \in$   
285  $\mathbb{N}$  s. t.  $0 \leq N \leq 12$ ), new noisy spike trains were generated, and new initial patterns of connectivity  
286 were established. Thus, there was no carry-over of weight values between runs. The following results  
287 take an average over all simulations, where each simulation is treated as an individual trial with default  
288 initial parameters.

### 289 **Hippocampal weight change**

290 Maximal synaptic modification occurs between Hippocampal neurons that are stimulated to shift  
291 forward in phase and fire in the inhibitory cycle of an ongoing Theta oscillation (Hasselmo, 2005). Due  
292 to this, synaptic learning only occurs during the screening and learning phases of the simulation (Figure  
293 2; NP stimulus-magenta; P stimulus-blue; C stimulus-green) and not during the inter-stimulus  
294 intervals. Weight change after stimulus onset follows the Alpha function shape of the activation fed  
295 into these neurons. Due to the maximisation of a random 50% of synapses within each P & NP  
296 subgroup, the average weights of these groups begin at  $W_{max}/2$  (Figure 2A). Throughout the entire  
297 simulation, there is weight change within each subgroup (P-blue line; NP-magenta dash) when the  
298 respective image they are coding for is presented. With the competitive STDP rule, winning and losing  
299 weights are pushed towards  $W_{max}$  or  $W_{min}$  respectively, causing a capping effect where a weight in

300 one direction can still change whilst its competitor is capped. Here, this means that the average weight  
301 of each subgroup rises a small amount to stabilise just above  $W_{max}/2$  every time the respective image  
302 is presented.

303 When the composite stimulus is presented (green), there is only marked synaptic change between  
304 both subgroups (Figure 2B; P->NP-blue line; NP->P-magenta dash). Here, weights go up bi-directionally  
305 as both subgroups of neurons are concurrently stimulated to become active during the inhibitory  
306 phase of Theta. In this phase, there are short term increases and decreases in weights, as paths are  
307 found between subgroups. As indicated by figure 2B, DL period, sustained changes are positive. When  
308 the screening phase is repeated after the learning phase, weights fluctuate and eventually settle with  
309 an increase in the direction from the active population to the non-active population. Before learning,  
310 concepts are only strengthened when the relevant image is presented. After learning, both concepts  
311 are reinforced upon the presentation of either image, indicating how previously associated but non-  
312 present concepts can remain strong over time.

313 Weights passively decay very slowly according to an exponential pattern to model the effect of a large  
314 population of neurons spiking during the facilitatory phase of Theta, where LTD has been found to  
315 occur (Hasselmo, 2005). As LTP occurs over a spectrum of 1 to 0, small weight increases occur as  
316 neurons spike on either side of the point at which Theta maximally inhibits. The passive decay  
317 implemented here is stronger for smaller weights (equation 6), to mitigate these gradual weight  
318 increases and prune irrelevant synapses. This can be seen most prominently in Figure 2B during the  
319 initial screening phase (2-4 & 6-8 seconds), where small weight increases to stimulated neurons decay  
320 quickly. LTD weight decay is also prominent in the inter-stimulus periods, where all weights slowly  
321 reduce over time.

### 322 **Hippocampal activity**

323 Activity is measured as the sum of spikes within bins of a 20ms width throughout the length of a  
324 simulation, taking an average of 1000 simulations with varying random phases for Alpha and Theta

325 oscillations, where the mean firing rate is shown with bootstrapped confidence intervals (Figure 3A).  
326 As we have access to data from both preferred (P) and non-preferred (NP) neurons, we can capture  
327 the network's capability of recognition, where P & NP units respond to their own stimulus, and cued  
328 recall, where P & NP units respond to the opposite stimulus. During the initial screening phase before  
329 learning (BL), we see that neurons respond to their relevant images (Figure 3A), where activation at  
330 stimulus onset seems to cause a phase reset. This generates a high-frequency damped oscillation that  
331 is phase consistent across replications, and rides on top of a much lower frequency evoked transient,  
332 which plays out over a second or more.

333 When the C image is presented during learning (Figure 3Ci), activity increases dramatically. Figure 3Cii  
334 shows the cause of this increase by breaking down the average input coming into neurons during  
335 learning, where the sum of all input sources follows the grey area (I). Here, we see an external force  
336 ( $I_{\text{ext}}$ ) drive the hippocampus at stimulus onset, which then causes the ADP current ( $I_{\text{ADP}}$ ) to reset before  
337 it can reach maximum conductance (Equation 8;  $A_{\text{ADP}}$ ), thus reducing its effect. The relative increase  
338 in activation is due to substantial weight change, and resulting additional input, between subgroups  
339 ( $I_{\text{H} \leftrightarrow \text{H}}$ ). Activation then feeds back into each subgroup dependent on how weights develop.

340 When the screening phase is repeated after learning, the network successfully performs cued recall  
341 (Figure 3Bii) due to the aforementioned weight change, showing that our model efficiently learns  
342 associations between two arbitrary stimuli in one short presentation, a crucial requirement for a  
343 model of episodic memory. Similarly, random reciprocal feedback of activity between subgroups  
344 causes a relative increase in activation (Figure 3Bi).

345 Raster plots show the activation of a single random P and NP neuron, as they respond to presentations  
346 of the P stimulus through a randomly chosen trial, where each line corresponds to a spike event (Figure  
347 3Aiii, Biii & Ciii). These are colour co-ordinated with the relevant activation plots seen above.

348 We compare the results of our simulation to those from experimental evidence from a recent human  
349 single unit learning paradigm (Ison, et al., 2015). Figure 3Di-ii shows smoothed curves (smoothing



350 spline;  $p = 1e^{-7}$ ) following simulated recognition and cued recall performance before and after  
351 learning, compared to experimental evidence of the same data in Figure 3Diii. Despite some overlap  
352 of confidence intervals, Figures 3Di-ii suggest that there is an increase in pre-stimulus activation after  
353 learning for recognition and recall in both sets of data. Raster plots show that this could be caused by  
354 occasional double spike events during the excitatory phase of Theta, due to increased weights  
355 between neurons (Figure 3Biii; -500 to 0ms). Both the model and experimental data indicate  
356 successful cued recall after learning (Figure 3Dii/iii; green), however, recognition after learning varies  
357 (Figure 3Di/iii; red). The experimental finding is that encoding neurons become less active with  
358 successive presentations of the same stimulus (Ison, et al., 2015), perhaps due to a repetition  
359 suppression effect (Pedreira, et al., 2010). In our model, an increase in recognition activation after  
360 learning is caused by the overall increase in synaptic efficacies both between and within subgroups.  
361 This could be countered by implementing a habituation mechanism that lies outside of the scope of  
362 this model. Such a mechanism could involve the re-balancing of weights or the storing of short-term-  
363 memory in a higher brain structure.

#### 364 **Theta phase**

365 Figure 4 shows Theta phase for the cued recall condition during the 3 stages of the simulation. The  
366 red and green halves of the polar distribution represent the excitatory and inhibitory phases of the 4  
367 Hz cosine wave used to model Theta, where  $\pi/2$  is maximum excitation and  $-\pi/2$  is maximum  
368 inhibition. The total number of spikes occurring within each phase quadrant of Theta was recorded  
369 (Figure 4Ai, Bi & Ci), as well as the first spike of each neuron after maximum inhibition ( $>-\pi/2$ ) (Figure  
370 4Aii, Bii & Cii). The latter analysis was performed to show how Hippocampal neurons shift forward in  
371 Theta phase once stimulated. Spike numbers were normalised over 1000 simulations.

372 Before learning, neurons are un-responsive to the image they do not encode for and oscillate at Theta,  
373 where all spikes occur during the excitatory phase (Figure 4Ai 0 to  $\pi/2$  to  $\pi$ ), with the first spikes  
374 generally occurring just before maximum excitation (Figure 4Aii; 0 to  $\pi/2$ ). When the C image is

375 presented during the learning phase, both subgroups become active across all phases of Theta (Figure  
376 4Bi). Importantly, in order for activation to overcome inhibition, more activity will occur during the  
377 inhibitory phase of Theta. Neurons also exclusively spiked first immediately after the inhibitory  
378 maximum (Figure 4Bii;  $-\pi/2$  to 0), indicating that all neurons in the P subgroup successfully phase-  
379 shifted forward once stimulated during learning.

380 When the screening phase occurs again after learning, neurons now respond to the opposite image.  
381 Spikes occur in most phase quadrants of Theta (Figure 4Ci), but in the main during the excitatory  
382 phase. However, inhibition can now be overcome, allowing spikes to first occur during the negative  
383 phase of Theta (Figure 4Cii) and demonstrating a phase shift forward in Theta. This shift in phase is an  
384 index of successful learning and has been well documented in rodents for neurons encoding a  
385 particular place when the rodent approaches that place (Huxter, et al., 2003). Our model shows a  
386 similar behaviour and predicts that this shift in phase is responsible for associative memory formation.  
387 Importantly, this phase shift is most evident when analysing only the first spike within a Theta cycle,  
388 starting at the Theta trough (i.e. where inhibition is maximal). This prediction can be tested in studies  
389 recording single units and local field potentials in human epilepsy patients (Ison, et al., 2015).

#### 390 **Alpha De-Synchronisation**

391 Figure 5A shows time-frequency power spectra (8-12Hz) of the LFP of the NC neurons for the recall,  
392 recognition and learning phases. A thick band at 10Hz during the recall condition before learning  
393 shows non-stimulated neurons oscillating at Alpha (Figure 5Ai), as they do not respond to an image at  
394 this time. When neurons are responsive to the image they encode for in recognition and learning  
395 conditions, a strong de-synchronisation of Alpha is exhibited (Figure 5Aii/iii/v; 0 to 1s), simulating the  
396 well-documented effect of Alpha suppression upon visual stimulation (Berger, 1929). A similar, but  
397 weaker effect can be seen in the cued recall condition after learning (Figure 5Aiv; 0 to 1s). This de-  
398 synchronisation is due to learning driven activation of Hippocampal neurons caused by the association  
399 between the P and NP stimuli. This low-frequency drive (from Hippocampus to Neo-cortex) de-

400 synchronises Alpha by causing substantial activation in the inhibitory phase. The effect can be more  
401 clearly seen in Figure 5Bii, where a 20% relative decrease in Alpha power from pre to post stimulus is  
402 exhibited (Figure 5Bii; 0 to 1s), consistent with the findings that memory retrieval can be predicted by  
403 this same Alpha de-synchronisation (Hanslmayr, et al., 2012). Pre stimulus Alpha power is also slightly  
404 stronger (Figure 5Bi; -1 to 0s), indicating that pre-stimulus Alpha/beta power can be used to predict  
405 memory formation (Salari & Rose, 2016). This is due to stronger weights within Hippocampal  
406 subgroups causing knock-on activation during the excitatory phase of Alpha. This activation feeds back  
407 into Hippocampal units to cause an even more pronounced increase in pre-stimulus Alpha after  
408 learning (Figure 5Ci), where after stimulus onset Alpha also significantly decreases in these  
409 hippocampal units (Figure 5Cii), which is consistent with a previous study (Staresina, et al., 2016).

410 This behaviour of our model mimics several findings in the literature showing memory dependent  
411 Alpha power decreases during the reinstatement of episodic memories (Khader, et al., 2010)  
412 (Waldhauser, et al., 2016) (Michelmann, et al., 2016). Here, the de-synchronisation of Alpha  
413 represents the flow of information in the NC caused by activation of relevant stimuli (Jensen &  
414 Mazaheri, 2010), (Klimesch, et al., 2007).

#### 415 **Theta Synchronisation**

416 Figure 6Ai-v shows time-frequency power spectra (2-4Hz) of the LFP of Hippocampal neurons for the  
417 recall, recognition and learning conditions. In the recall condition before learning, neurons do not  
418 respond to any image and oscillate at Theta (Figure 6Ai). An increase in Theta power accompanies  
419 increased activation, as neurons respond to the image they encode for before and during learning  
420 (Figure 6Aii-iii). Theta synchronisation is stronger during learning, consistent with experimental  
421 evidence (Backus, et al., 2016) (Lega, et al., 2012) (Staudigl & Hanslmayr, 2013). This is due to the rapid  
422 increase in synaptic weights during this period (Figure 2B; 10 to 12s) causing feedback activation,  
423 which, in turn, causes more neurons to fire above threshold, but according to the Theta rhythm.

424 After the learning phase, neurons are also responsive to the opposite image, where a synchronisation  
425 of Theta occurs due to an increase in activity post stimulus (Figure 6Aiv). This can be seen more clearly  
426 in Figure 6Bii, where there is up to a 60% increase in Theta power relative to the pre-stimulus period.  
427 Due to stronger weights between the P & NP cluster, there is increased feedback activity during the  
428 normal oscillatory rhythm. This activity is amplified by a higher synaptic time constant ( $\tau_s = 5\text{ms}$  for  
429 hippocampal neurons), causing an increase in pre-stimulus Theta power (Figure 6Bi; -1 to 0s). The  
430 same changes in Theta power are passed through to the NC (Figure 6Ci-ii), which is consistent with  
431 experimental evidence of increases of Theta in NC areas after learning paradigm experiments (Burke,  
432 et al., 2014) (Klimesch, et al., 2005).

### 433 **Varying Stimulus Strength**

434 We next varied how strongly our simulated participant perceived the P & NP images during the  
435 encoding and recall after learning conditions, allowing us to explore the sync/de-sync of Hippocampal  
436 Theta and NC Alpha over time at different strengths. This is achieved by varying stimulus strength, i.e.  
437 the rate of spikes per second being fed into NC neurons at stimulus onset, and taking the average  
438 power during the post-stimulus period across frequencies (0-30Hz). This information is displayed as  
439 heatmaps of frequency vs stimulus strength (Figure 7Ai-ii & Di-ii), where stimulus strength is shown  
440 on a logarithmic scale from  $10^0$  to  $10^6$ . We can extract from this information to show the evolution of  
441 NC Alpha (Figure 7B; Red, 8-12Hz) and Hippocampal Theta (Blue, 3-5Hz) as neurons are driven more.  
442 It can be shown that for weakly perceived stimuli, the NC actually synchronises in Alpha within the  
443 model (see around  $10^3$  strength). This is due to input activity being too weak to overcome the trough  
444 of the 10Hz cosine input, but strong enough to cause more spiking in the peak. As stimulus strength  
445 increases, a de-synchronisation of Alpha is obtained as neurons overcome inhibition to spike across  
446 all phases of Alpha (see around  $10^5$  strength). In contrast, the Hippocampus exhibits a strong  
447 synchronisation of 4Hz (Figure 7B) with increasing stimulus strength. This is due to the ADP function  
448 preventing neurons recovering quickly after a spike event. This then is an important difference

449 between the neo-cortical and hippocampal systems, which underlies why (apart from with very strong  
450 inputs) the hippocampus synchronises rather than desynchronises – essentially the ADP function  
451 prevents the hippocampus from desynchronising. Weight change between P & NP units also increases  
452 monotonically with stimulus strength, plateauing at the same level that Theta and Alpha maximally  
453 synch/de-sync, respectively. This indicates why Alpha de-synchronisation and Theta synchronisation  
454 are both markers of successful memory encoding (Backus, et al., 2016) (Lega, et al., 2012) (Staudigl &  
455 Hanslmayr, 2013) (Hanslmayr, et al., 2012). Hippocampal Theta synchronisation can also be seen to  
456 bleed into NC neurons as stimulus strength increases (Figure 7Ai;  $10^4$  to  $10^6$  strength), corroborating  
457 experimental evidence (Burke, et al., 2014) (Klimesch, et al., 2005).

458 When we push the model past normal levels of activation (the model's default is  $\sim 8 \times 10^4$ ), Hippocampal  
459 Theta eventually de-synchronises, indicating that although the ADP function essentially acts as a break  
460 on Hippocampal units, it can eventually be overcome. Weight change remains high as units are spiking  
461 across all phases of Theta. This gives a possible explanation for why some experimental evidence also  
462 finds a positive correlation with successful memory encoding and hippocampal Theta de-  
463 synchronisation (Fellner, et al., 2016) (Crespo-Garcia, et al., 2016) (Greenberg, et al., 2015).

464 We also choose three important points from Figure 7B that best convey the model's sync/de-sync  
465 characteristics, indicated by vertical green lines during first normal oscillatory behaviour, second,  
466 Alpha sync and third, maximal Theta sync and Alpha de-sync. The corresponding LFPs (indicated by  
467 the same symbol) are shown for these three points for NC (Figure 7Ci) and Hippocampal units (7Cii).  
468 NC Alpha LFPs show how power can increase when more spikes during the excitatory phase cause  
469 larger amplitudes of activity (Ci; cross), and how power decreases when activation occurs throughout  
470 an oscillation (Ci; triangle). Similarly, Hippocampal Theta LFPs show how power can increase with  
471 increased activation in the peaks, despite the low-level activation in the trough (Cii; triangle) that is  
472 responsible for learning.

473 The same analysis has been performed for the recall condition after learning, with similar results.  
474 Importantly, the method of de-synchronisation is different in this condition. As Figure 7Di shows, in  
475 the NC an Alpha de-sync at recall is accompanied by a Theta sync, indicating that Alpha is de-synced  
476 by Theta as activation feeds into the Hippocampus, which in turn feeds activation back to the NC. This  
477 ensures we do not see a small synchronisation of Alpha with low levels of stimulus strength as we saw  
478 in the encoding condition. As Theta and Alpha phases are rarely aligned (as seen by comparing LFP  
479 plots in Figures 7Fi-ii), maximal Theta excitability is just as likely to de-synchronise by occurring during  
480 an Alpha inhibitory phase as it is to be facilitated by aligning with an Alpha excitatory phase. As  
481 stimulus strength increases, one observes both Hippocampal Theta synchronisation and NC Alpha  
482 desynchronisation accordingly, indicating that both are important for successful memory retrieval.

483 Figures 7E shows that the model is able to exhibit re-instantiation of a memory's content. That is, neo-  
484 cortical Alpha desynchronizes during recall for the stimulus cued, but not presented. This represents  
485 a purely endogenous activation of rich content.

#### 486 **Synch/De-Synch Predicts Learning**

487 Having demonstrated that our model mimics the described behaviour of Alpha power decreases in  
488 the NC, and Theta power increases and phase dynamics in the Hippocampus, we now link these  
489 contrasting synchronisation behaviours with learning (see Figure 8). By varying the learning rate of  
490 STDP weight change ( $\epsilon$ ) between 0-1, it was possible to assess how the model behaves with different  
491 learning outcomes. The average of all bi-directional Hippocampal weights between subgroups P & NP  
492 increased with  $\epsilon$  (Figure 8C), which is used here to assess learning, i.e. the stronger the weight change  
493 the better the memory. We then calculate the effectiveness of recall (P response to NP + NP response  
494 to P) as a percent change in power at a particular frequency from before learning to after learning,  
495 effectively allowing us to isolate the effect of learning on power. A bootstrap procedure then provided  
496 the confidence intervals (shaded area) around a mean (solid line) of recall power for incremental  
497 values of  $\epsilon$  for pre-stimulus (black) and post-stimulus (red) periods.

498 From this we can use power at a particular frequency to predict whether learning has successfully  
499 occurred in our model, and vice versa. In respect of the sync/de-sync theory (Hanslmayr, et al., 2016),  
500 the model indicates that both a de-synchronisation of Alpha in NC areas (Figure 8Ai) and a  
501 synchronisation of Theta in Hippocampal areas (Figure 8Bi) during recall can predict successful  
502 memory retrieval.

503 Interestingly, one could also look at pre-stimulus Theta and Alpha power in the Hippocampus to  
504 predict whether learning has occurred (Figure 8Bi-ii ; black), where both increase by 30-40% due to  
505 stronger weights within the Hippocampus and reciprocal connectivity between the Hippocampus and  
506 NC. This is consistent with evidence that reports the importance of pre-stimulus Theta for learning  
507 (Gyderian, et al., 2009) (Fell, et al., 2011). The effect of feedback activity plays a smaller role in NC  
508 areas, where a small increase (<5%) in pre-stimulus Alpha power (Figure 8Ai; black) and an increase  
509 (<20%) in pre-stimulus Theta power (Figure 8Aii; black) can also predict learning (Salari & Rose, 2016).  
510 Importantly, there is a large synchronisation of Theta (<70%) at recall (Figure 8Bii; red) in NC areas,  
511 consistent with experimental findings (Burke, et al., 2014) (Klimesch, et al., 2005).

## 512 **Discussion**

513 We have presented a relatively simple spiking neural network model, which captures the complex  
514 synchronizing and desynchronizing behaviours of hippocampus and neocortex during encoding and  
515 retrieval in a typical memory task. This model, which we term the Sync/deSync (SdS) model, simulates  
516 hippocampal Theta synchronization and neocortical Alpha desynchronization in the service of  
517 encoding and retrieving novel stimulus associations – a key requirement of episodic memory.  
518 Consistent with the notion that one-shot learning occurs in the hippocampus, but not in the neocortex  
519 (O'Reilly, et al., 2014), our model only implements synaptic modifications in the hippocampus. This  
520 hippocampal learning uses two well-described synaptic modification mechanisms. The first is spike-  
521 timing-dependent-plasticity (Song, et al., 2000), where synaptic modifications increase exponentially  
522 with decreasing time lag between the firing of pre and post-synaptic neurons. The second mechanism

523 is Theta phase-dependent plasticity, where synapses between neurons firing in the inhibitory phase  
524 of Theta are strengthened, whereas synaptic connections between neurons firing in the excitatory  
525 phase are weakened (Hasselmo, 2005). In the model neo-cortex, neurons fire phase-locked to an  
526 Alpha oscillation when they receive no input (Jensen & Mazaheri, 2010) (Klimesch, et al., 2007). When  
527 these neurons are driven by a stimulus, they increase their firing rate and gradually desynchronize  
528 from the ongoing Alpha, especially when the input is strong enough to overcome maximum inhibition.  
529 Therefore, Alpha power decrease is negatively related to the neural firing rate (apart from the small  
530 power increase at low stimulus intensities), thereby mimicking the well-known negative relationship  
531 between Alpha and neural firing (Haegens, et al., 2011).

532 The Sync/deSync model draws inspiration from and resonates with a number of previous models that  
533 incorporate oscillations into the complementary learning systems framework. In particular, the  
534 concept of Theta phase-dependent plasticity in the Hippocampus has inspired aspects of a number of  
535 influential neural models (Hasselmo, et al., 2002) (Ketz, et al., 2013) (Norman, et al., 2005). An  
536 important component in two of these models (Hasselmo et al., 2005; Ketz et al., 2013) is a phase  
537 reversal between the two pathways from entorhinal cortex to CA1 (the monosynaptic performant  
538 pathway and the tri-synaptic pathway, via the schaffer collaterals), which could provide a powerful  
539 mechanism in terms of separating encoding from retrieval cycles. We chose not to fully model this  
540 aspect in detail, but focused particularly on the dynamics in area CA1 in order to keep the model as  
541 simple as possible. Norman et al. (2005) present an important refinement of the basic complementary  
542 learning systems model, in which the strength of k Winner-Take-All (kWTA) inhibition is varied across  
543 Theta phases. This modulation of inhibition provides a Theta-phase dependent learning, with parallels  
544 to the Sync/deSync model. That is, in the Norman et al. (2005) model, the high inhibition phase of  
545 Theta generates selective activation, restricting above-threshold activation to strongly responding  
546 units. LTP is then applied just to the active units, enabling selective weight update. This has similarities  
547 to the Sync/deSync idea that strongly active units move their spiking forward in the phase of Theta,  
548 enabling LTP (which only obtains in the inhibitory phase) to be selectively applied.



549 The match between the Norman et al and Sync/deSync models for the low inhibition phase of Theta  
550 is a little weaker than for the high inhibition phase, but there are still parallels. Specifically, both  
551 models exhibit activation of a broader profile of units in the low inhibition phase. In the Norman et al  
552 model, this enables LTD to be applied to competitor units (that are not strongly tuned to the memory  
553 being encoded). Sync/deSync similarly applies LTD in this low inhibition phase, however, it is a non-  
554 specific, passive, decay.

555 Our use of an ADP function to reduce the capacity for units to spike multiple times in quick succession  
556 is inherited from the Jensen & Lisman (2005) model. Additionally, while advancing the phase of Theta  
557 at which a unit spikes plays a key role in the Sync/deSync model, it is somewhat different to precession  
558 in the Jensen & Lisman model, where it encodes serial order.

559 The Sync/deSync model is also able to capture a number of human electrophysiological findings.  
560 Human single neuron recordings revealed that hippocampal neurons can change their tuning, by  
561 showing an increase in firing rate to a non-preferred stimulus after this stimulus has been associated  
562 with a preferred stimulus (Ison, et al., 2015). Furthermore, Rutishauser et al. (2010) showed that a  
563 significant portion of neurons in the MTL are phase-locked to the ongoing Theta rhythm during  
564 memory encoding, with an increase in Theta phase-locking predicting later memory performance. Our  
565 model is consistent with these findings in showing an increase in activation for newly associated  
566 neurons, these responses being Theta phase-locked, and increased Theta synchronicity to be related  
567 to later memory performance. However, Sync/deSync also suggests that responsive neurons during  
568 learning are less locked to the ongoing Theta phase (Figure 4A and B), which seems at odds with  
569 Rutishauser et al. (2010). This decrease in Theta phase-locking is present for responsive neurons only,  
570 occurring since these units overcome maximum inhibition and thus fire at the LTP phase of Theta.  
571 Importantly, Rutishauser et al. (2010) did not separate neurons into stimulus responsive (i.e. showing  
572 an increase in firing rate) or not, therefore these findings cannot be directly linked to our model.  
573 However, an interesting prediction that arises from the model is that the preferred phase of firing

574 differs between responsive and non-responsive neurons, and that this phase difference is related to  
575 later memory performance. Indeed, Rutishauser et al. (2010) found that different neurons were  
576 locked to different phases of ongoing Theta. In our model, this difference is most prominent when  
577 only the first spike occurring after maximum inhibition is considered, a specific prediction that can be  
578 tested in future experiments.

579 Inherent to the SdS model is that the same neurons can be either synchronised or de-synchronised  
580 depending upon the strength of driving input. By gradually increasing stimulus strength, a population  
581 with more inhibition/slower integration can exhibit a synchronisation at stimulus strengths when  
582 faster spiking populations exhibit a de-synchronisation (Figure 7B;  $\sim 10^5$  strength). This provides a neat  
583 explanation for the Sync/deSync conundrum, suggesting that it reflects the point where active  
584 neurons in different brain regions are on their trajectory towards a ceiling firing rate. We show in  
585 Figure 7B that the slower spiking hippocampal population synchronises with normal levels of input  
586 ( $\sim 10^5$ , but will eventually de-synchronise ( $\sim 10^6$ ). In fact, non-invasive studies in humans have linked  
587 successful encoding of stimulus associations in the MTL with both Theta power increases (Kaplan, et  
588 al., 2012) (Staudigl & Hanslmayr, 2013) (Backus, et al., 2016), and decreases (Fellner, et al., 2016)  
589 (Crespo-Garcia, et al., 2016) (Greenberg, et al., 2015). SdS indicates that both eventualities could yield  
590 successful memory encoding (Figure 7B; black line & blue line, which is trending negative at the top  
591 range of stimulus strengths).

592 With respect to Alpha, many studies have shown that a decrease in Alpha power coincides with  
593 successful encoding and retrieval of episodic memories (see Hanslmayr et al., 2012; Hanslmayr &  
594 Staudigl, 2014 for reviews). In most previous studies, these effects extend also to beta. For this reason,  
595 and to ensure model simplicity, we have assumed only one cortical Alpha rhythm, we, though, see no  
596 reason why the same principles would not also apply to beta. During successful encoding of episodic  
597 memories, Alpha/beta power decreases have been found in left frontal areas for verbal material  
598 (Hanslmayr, et al., 2009) (Hanslmayr, et al., 2011) (Meeuwissen, et al., 2011) and occipital for visual

599 material (Noh, et al., 2014). During retrieval, Alpha/beta power decreases indicate the areas that are  
600 being reactivated, i.e. house the memory representation (Waldhauser, et al., 2016) (Michelmann, et  
601 al., 2016) (Khader & Rosler, 2011). This targeted Alpha/beta power decrease is exactly what is  
602 modelled here, with only neural assemblies that actively process the stimulus during encoding or  
603 retrieval showing power decreases, and the degree of this power decrease predicting memory  
604 performance. A key element of formal modelling is the identification of predictions that give the  
605 opportunity for the model to be falsified. The key predictions that SdS makes are presented in figure  
606 7B, which shows that as driving stimulus strength increases, neo-cortical Alpha goes through an initial  
607 phase, (strength around  $10^3$ ), of Alpha power increase (i.e. synchronisation), followed by a much more  
608 marked Alpha power decrease (i.e. desynchronisation), which is maximal just below a strength of  $10^5$ .  
609 This pattern could be argued to be inherent to the way synchronisation and desynchronization are  
610 modelled, i.e. a small increase in drive will generate more spikes at an oscillation's peak, and power  
611 will increase, while a large drive will cause spiking during the trough of the oscillation and power will  
612 go down. This pattern is our main prediction.

613 A further prediction is that the degree of Alpha power decrease should correlate with the degree of  
614 hippocampal Theta power increase, and the degree of phase precession of responsive neurons in the  
615 hippocampus. This prediction can be tested in intracranial EEG, which often records simultaneously  
616 from the neocortex and the hippocampus.

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762

### 763 **Figure Legends**

764 Figure 1: Experimental paradigm **(A)**. A non-preferred (NP) and preferred (P) image are found that the  
765 neuron does not and does respond to. These are then combined and presented in a composite (C)  
766 stimulus. Both P and NP images are presented again after this learning phase. Network connectivity  
767 **(B)**. The architecture of the network **(Bi)** shows how a group of neo-cortical (NC) neurons and a group  
768 of Hippocampal neurons receive input from a 10Hz and 4Hz tonic wave, respectively, and both groups  
769 receive (background) noise from Poisson distributed spikes. Two subgroups of NC neurons receive  
770 input from higher level areas that represent the P and NP image. Each subgroup of NC and Hip neurons  
771 have reciprocal connectivity between themselves, 25% for NC and 40% for Hip. Hippocampal neurons  
772 also receive an after-de-polarisation (ADP) function. Hippocampal neurons are interconnected (i.e.

773 not just within subgroups), again with 40% connectivity, and spike-time-dependent-plasticity (STDP)  
774 is enabled with a Theta phase dependent learning rate (**Bii**).

775 Figure 2: Hippocampal weight change throughout the simulation both within (**A**) and between  
776 subgroups (**B**) that code for the P and NP stimulus. Weights within each subgroup increase when the  
777 relevant image is presented (**A**), where the magenta and blue periods indicate the presentation of the  
778 NP and P images, respectively, and the green period indicates the presentation of both images  
779 combined into a composite image. During this learning period, weights from the NP to the P subgroup  
780 (magenta dashed) and vice-versa (blue solid) increase (**B**). Outgoing weights then increase upon the  
781 presentation of the relevant stimulus after learning (AL). Incoming weights also increase a small  
782 amount before learning (BL), then decay back to zero.

783 Figure 3: Activity of Hippocampal neurons. Recognition reflects neurons responding to their own  
784 stimulus, i.e. P units activating for the P stimulus. Cued recall reflects neurons responding to the  
785 opposite stimulus, i.e. P units activating for the NP stimulus. Here, activation from before learning (BL)  
786 (**A**), after learning (AL) (**B**) and during learning (DL) (**C**) is shown. Raster plots show the activity of a  
787 single P and NP neuron during presentations of the P stimulus BL (**Aiii**), AL (**Biii**) and DL (**Ciii**). The  
788 average input into both P and NP neurons across all trials is shown in **Cii**, where coincidental external  
789 drive ( $I_{ext}$ ) during stimulus onset counteracts the effect of the ADP function ( $I_{ADP}$ ). Additional activation  
790 causes an increase in input from other neurons within the group ( $I_H$ ) and also from the opposite group  
791 ( $I_{H<H}$ ) as weights increase during learning. Smoothed activation data at recognition (**Di**) and recall (**Dii**)  
792 is then compared to data reported in a MTL neuron study (**Diii**).

793 Figure 4: Polar histograms for the recall condition of all spikes before (**Ai**), during (**Bi**) and after learning  
794 (**Ci**), and of first spikes after  $-\pi/2$  before (**Aii**), during (**Bii**) and after learning (**Cii**). **D** shows the  
795 distinction between the excitatory (red) and inhibitory (green) phases of Theta, where LTD and LTP  
796 occur, respectively.



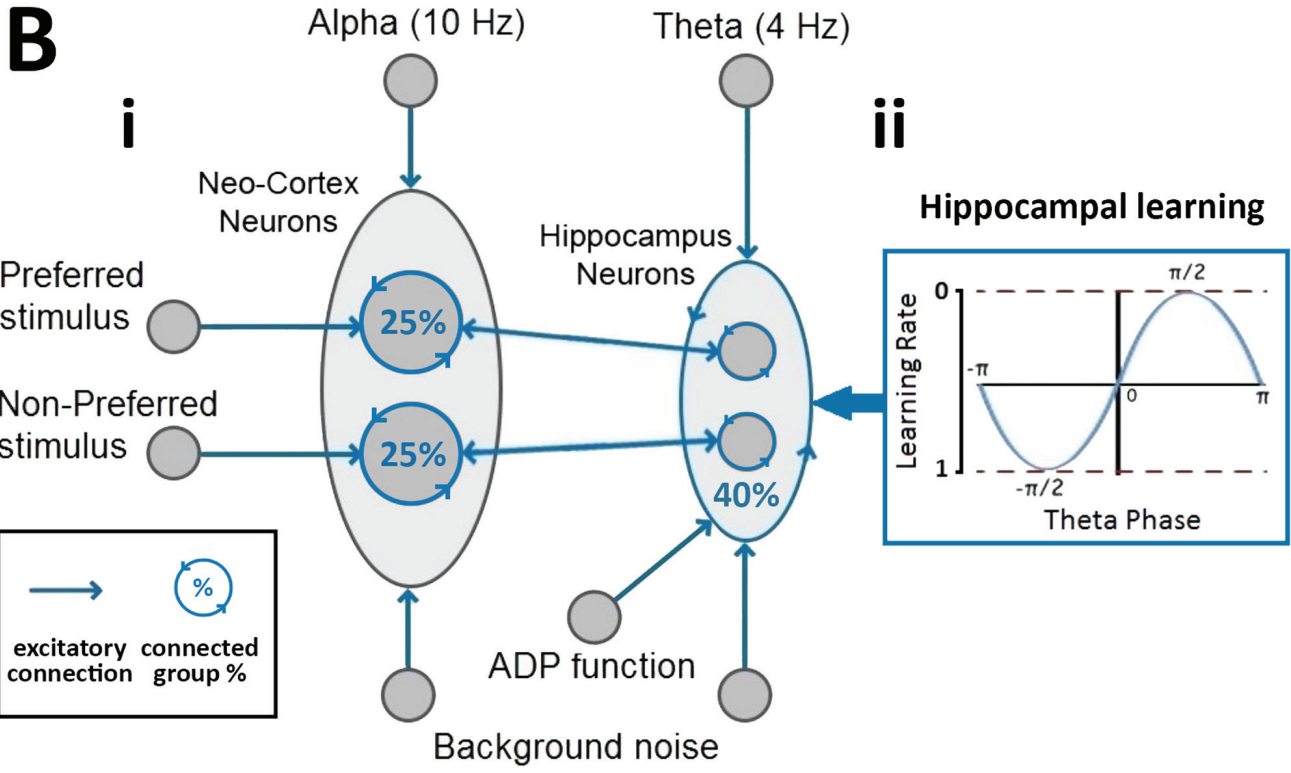
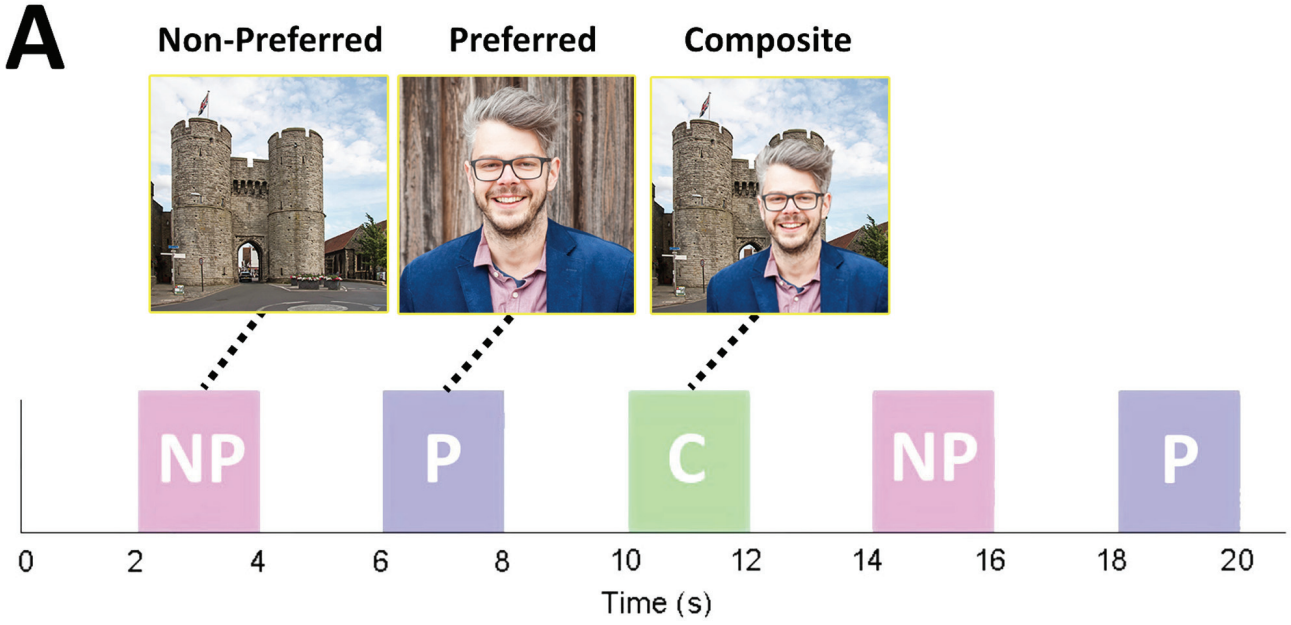
797 Figure 5: Time-frequency-analysis (TFA) of Neo-Cortical Alpha for the recall and recognition  
798 before and after learning (**Ai-ii, Aiv-v**), as well as during learning (**Aiii**). A time-course of Alpha power  
799 is shown for the colour-coded boxes around the recall condition before (**Ai**) and after (**Aiv**) learning,  
800 where pure power (**Bi**) and percent change in pre-post stimulus power (**Bii**) are shown. The same  
801 analysis can be seen for Hippocampal Alpha, where pure power (**Ci**) and relative power change (**Cii**)  
802 are shown.

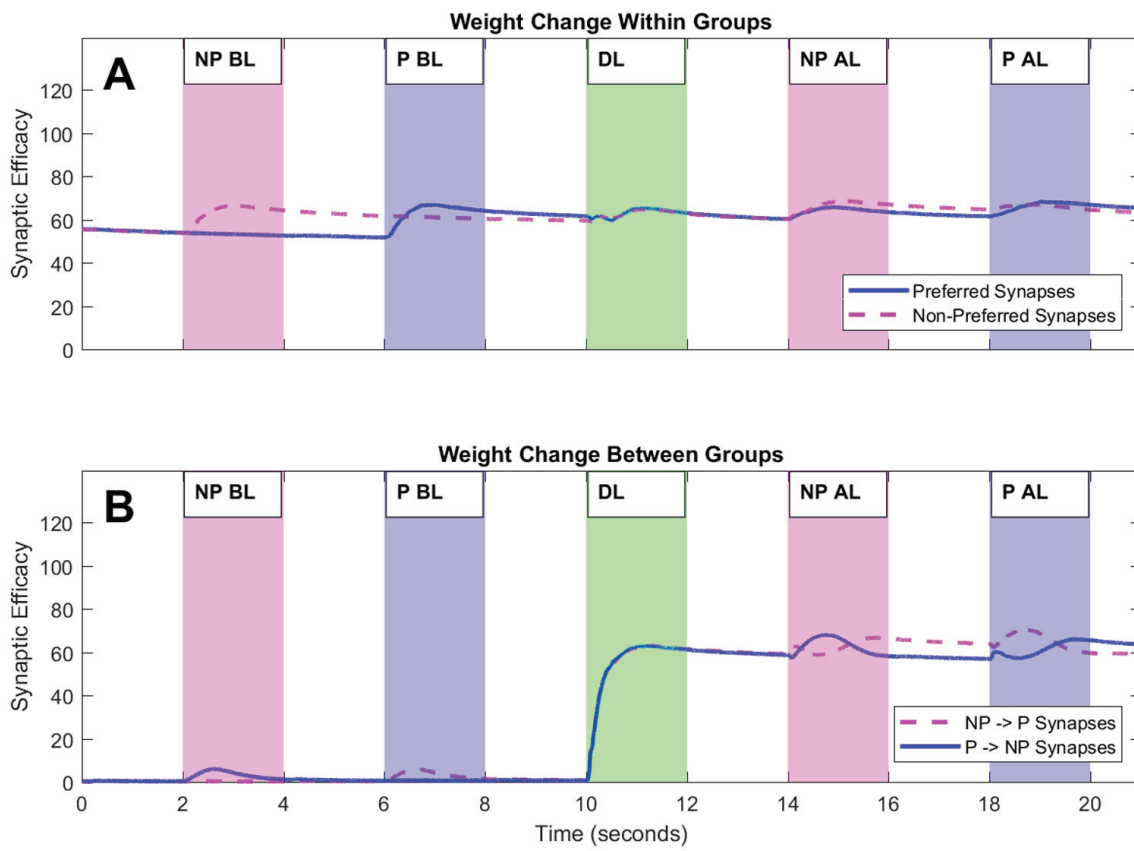
803 Figure 6: Time-frequency-analysis (TFA) of Hippocampal Theta for the recall and recognition  
804 conditions before and after learning (**Ai-ii, Aiv-v**), as well as for during learning (**Aiii**). . A time-course  
805 of Theta power is shown (**B**) for the colour-coded highlighted boxes (**Ai, Aiv**), where pure power (**Bi**)  
806 and percent change in pre-post stimulus power (**Bii**) are shown. The same analysis is shown for neo-  
807 cortical Theta power during the same time periods (**Ci-ii**).

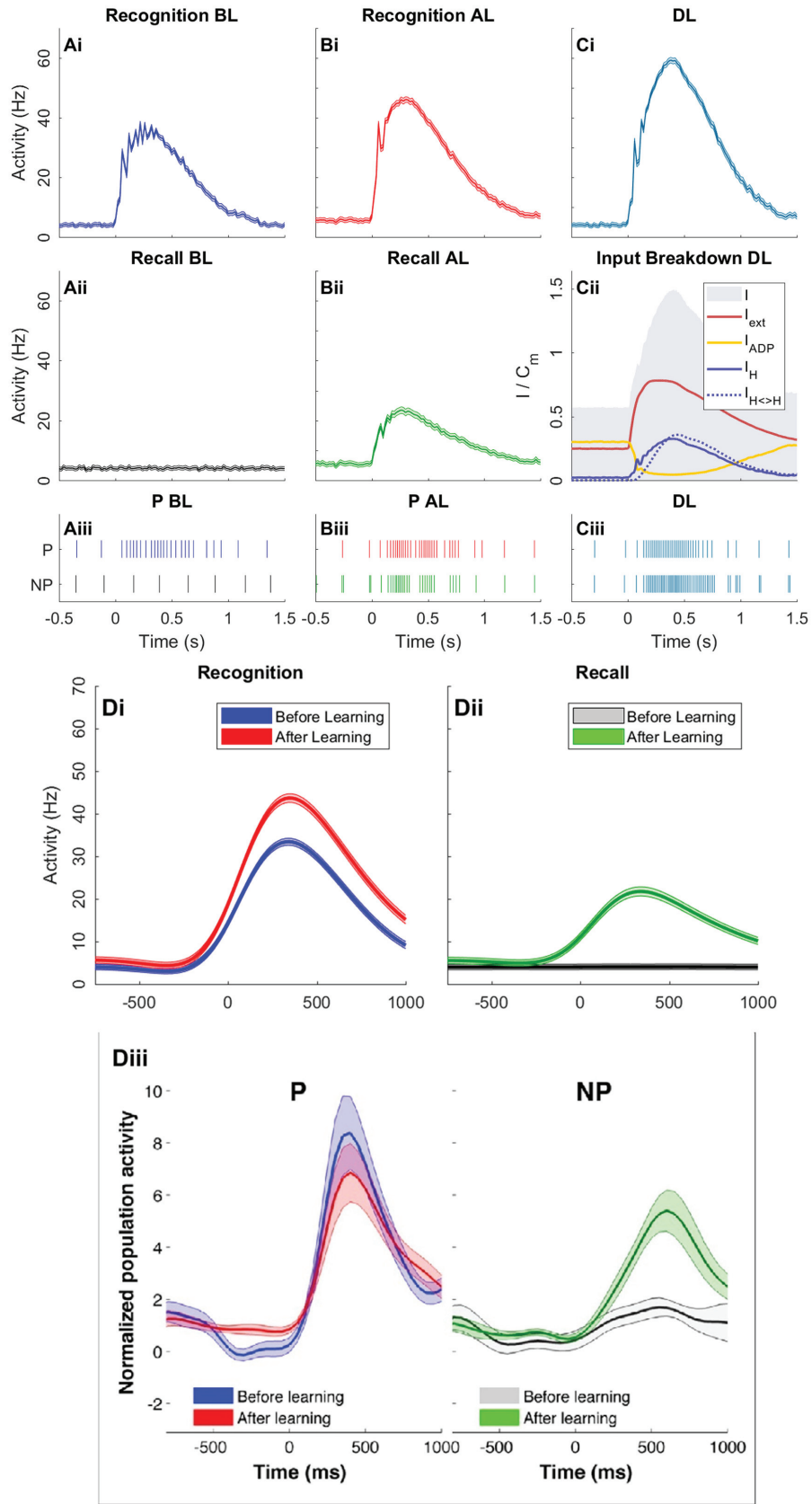
808 Figure 7: Increasing stimulus strength (number of spikes being fed into NC neurons) during the  
809 encoding (DL) and recall after learning conditions, where stimulus strength is depicted on a logarithmic  
810 scale. During the encoding stage (**A-C**), frequency by strength heatmaps of NC (**Ai**) and Hippocampus  
811 (**Aii**) are shown. From this data, relative changes in NC Alpha (**B; red, 8-12Hz**) and Hippocampal Theta  
812 power (**B; blue, 3-5Hz**) are plotted, as well as weight change between P and NP Hippocampal  
813 subgroups (**B; black**). From this plot, three different stimulus strength values are chosen: normal  
814 oscillatory activity ( $\sim 10^1$  strength), small Alpha power increases ( $\sim 10^3$  strength) and maximal Theta  
815 power increases ( $\sim 10^5$  strength). At these points, Local-field-potentials (LFPs) are calculated using  
816 specific 2-6 or 8-12Hz filters for Hippocampal Theta (**Cii**) & NC Alpha (**Ci**), respectively, where blue and  
817 red highlighted regions indicate the possible stimulus onset area due to re-aligning phases across  
818 multiple trials. The same symbols indicate at which point an LFP represents. The same format is  
819 applied for the recall after learning condition (**D-F**).

820 Figure 8: The effect of increasing the learning rate ( $\epsilon$ ), and therefore synaptic efficacy between P and  
821 NP subgroups, on NC Alpha power (**Ai**), Hippocampal Theta power (**Bi**), NC Theta power (**Aii**) and

- 822 Hippocampal Alpha power (**Bii**). **C** plots the mean and variance of P $\leftrightarrow$ NP weights from 1000  
823 simulations, where the learning rate ( $\epsilon$ ) was incremented gradually from 0 to 1.







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