

How our pupils contract when we think of memories - and how this is an evolutionary leftover which we no longer require

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Daily Mail:

Eyes are the windows to our souls – but they are also a window to our minds.

This is the claim of scientists from Arizona State University, who say that our eye movements can reflect our emotional state and the ways we think.

The study, published in *Psychological Science*, also shows that pupil dilation is not just down to light conditions, but also reflects the creation and retrieval of memories.

Students used pupillometry – the study of pupil movement – in their study, observing eye movements while questions were asked.

They suggest this type of study could be an efficient means for studying memory creation and retrieval.

Another study in the April 2012 issue of *Current Directions in Psychological Science*, suggested that the eye movements we make when we access our memories are perhaps extraneous.

Read the whole story: [Daily Mail](#)