

# Is "Baby Brain" a Myth?

September 02, 2015

## *Scientific American:*

As many as four out of every five pregnant women say that they suffer from “pregnancy brain”—deficits in memory and cognitive ability that arise during pregnancy, making women more forgetful and slow-witted. Yet studies on the phenomenon have generally not supported these claims: although some have found evidence of problems on certain types of tasks, others, including a recent paper published by researchers in Utah, have found no signs of cognitive problems at all.

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“There is variety in the results, but overall most studies suggest there are few to no memory impairments associated with pregnancy,” says Michael Larson, a psychologist at Brigham Young and a co-author of the recent paper.

Read the whole story: [Scientific American](#)