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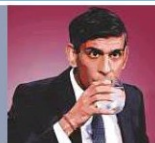
NATION | P2

How family keeps
old restaurant
tradition alive



THE VIEWS | P9

Sunak's ship
drifts towards
electoral iceberg



SPECIAL REPORT | P8

UAE, India agree
to conduct trade
in dirhams, rupees

ENTERTAINMENT | P16

KEY TAKEAWAYS FROM
NEW BTS BIOGRAPHY



Al Neyadi helps explore sleep secrets in 'Dreams' experiment

Sultan of Space shares stunning video of 16 sunrises, sunsets from ISS

DUBAI

Gulf News Report

The Mohammad Bin Rashid Space Centre (MBRSC) yesterday announced the successful execution of the 'Dreams' experiment by astronaut Sultan Al Neyadi on the International Space Station (ISS). The experiment, a pivotal achievement in sleep science and space research, was conducted in collaboration with the European Space Agency (ESA), the French space agency CNES, and Toulouse University Hospital.

Understanding adaptability

The Dreams experiment employs the innovative DRY EEG system to investigate the sleep patterns of astronauts in the microgravity environment on the ISS. Al Neyadi, who is on the longest Arab space mission under wore a specially designed sleep headband equipped with an electroencephalogram sensor. This device captures a range of sleep-related data, such as sleep cycle durations and heart rate variations.

Reflecting on the experiment, Adnan Al Rais, Mission Manager, UAE Astronaut Programme, said: "This project, in partnership with ESA, CNES and Toulouse University Hospital, symbolises a crucial step forward in our understanding of the human body's adaptability



■ Sultan Al Neyadi wore a specially-designed headband equipped with an EEG sensor to capture sleep-related data.



Watch: A time-lapse video of 16 sunrises and sunsets aboard the ISS

ity in space. The knowledge we gain here is instrumental to the success of future long-duration space missions, including trips to the Moon and Mars. We are incredibly proud of the contributions made by the UAE towards the international space community."

Sébastien Barde, associate director for Exploration and Human Spaceflight (CNES) said: "In addition to being a cutting-edge scientific laboratory, the ISS is also a place for international cooperation. For ESA astronaut Thomas Pesquet's Alpha mission, the Dream experiment was developed and monitored by CADMOS as part of the French contribution. CNES is delighted that this experiment

is being continued with astronaut Sultan Al Neyadi. Science knows no frontiers, as this example clearly illustrates."

16 sunsets, 16 sunrises

Meanwhile, Al Neyadi on Saturday shared a stunning video that captures the flashing sunsets and sunsets in a day as the ISS completes one revolution of Earth in 90 minutes. at a speed of 28,000km/hour. "Sunset, then sunrise, then sunset ... Every day, we witness 16 sunrises and sunsets aboard the ISS. Sharing with you this time-lapse video, captured from an altitude of around 400km above Earth," he said in the social media post. Al Neyadi also asked his followers to guess the names of some of the countries that appear in the video.

Yesterday, the Sultan of Space also shared images of him using the Multi-use Variable-g Platform.