

Fatigue, sustained attention and reported déjà-vu

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Reported déjà-vu is more frequent at the end of the day and after sustained attention tasks, in line with the conditions usually described in the literature.

The pattern is consistent with a reduction in cholinergic and noradrenergic tone after prolonged vigilance, which lowers the threshold at which a mismatch between a fast familiarity signal and a slower recollection process becomes conscious.

We note, however, that roughly one report in six describes a recognition whose content was later confirmed by an external event. This subset does not share the fatigue profile of the others and is treated separately in later notes.

None of the reports carries an electrophysiological record. We have no access to intracranial or scalp data, and no claim here rests on neural measurement.

References

- Brown, A. S. (2003). A review of the déjà vu experience. *Psychological Bulletin*, 129(3), 394-413.
- Wittmann, M. (2009). The inner experience of time. *Phil. Trans. R. Soc. B*.