John O’Keefe discovered, in 1971, that certain nerve cells in the brain were activated when a rat assumed a particular place in the environment. Other nerve cells were activated at other places. He proposed that these “place cells” build up an inner map of the environment. Place cells are located in a part of the brain called the hippocampus.

May-Britt och Edvard I. Moser discovered in 2005 that other nerve cells in a nearby part of the brain, the entorhinal cortex, were activated when the rat passed certain locations. Together, these locations formed a hexagonal grid, each “grid cell” reacting in a unique spatial pattern. Collectively, these grid cells form a coordinate system that allows for spatial navigation.

Grid cells, together with other cells in the entorhinal cortex that recognize the direction of the head of the animal and the border of the room, form networks with the place cells in the hippocampus. This circuitry constitutes a comprehensive positioning system, an inner GPS, in the brain. The positioning system in the human brain appears to have similar components as those of the rat brain.