CLAIMS

1. An oligonucleotide comprising a nucleobase sequence that has at least 90% sequence identity to:
GGTTGACATC GTCTGCCTGT (SEQ ID NO: 208 or SEQ ID NO: 285)
wherein C in any of the nucleobase sequences is either cytosine or 5-methylcytosine, and wherein at least one nucleotide of the oligonucleotide has a 2'-modification.

2. The oligonucleotide of claim 1, wherein the oligonucleotide comprises a nucleobase sequence that has at least 95% sequence identity to :
GGTTGACATC GTCTGCCTGT (SEQ ID NO: 208 or SEQ ID NO: 285).

3. The oligonucleotide of claim 2, wherein the oligonucleotide comprises a nucleobase sequence of:
GGTTGACATC GTCTGCCTGT (SEQ ID NO: 208 or SEQ ID NO: 285).

4. The oligonucleotide of any of claims 1-3, wherein the internucleoside linkage of the oligonucleotide is either phosphodiester or phosphorothioate linkage.

5. The oligonucleotide of claim 4, wherein the internucleoside linkage of the oligonucleotide is phosphorothioate linkage.

6. The oligonucleotide of any of claims 4-5, wherein the oligonucleotide comprises at least five contiguous 2'-deoxynucleosides, preferably at least seven contiguous 2'-deoxynucleosides, more preferably ten contiguous 2'-deoxynucleosides.

7. The oligonucleotide of any of claims 5-6, wherein the oligonucleotide decreases tau mRNA or protein expression by activating RNAse H.

8. The oligonucleotide of any of claims 1-7, wherein each C in any of the nucleobase sequences is 5-methylcytosine.

9. The oligonucleotide of any of claims 1-8, wherein the 2'-modification is selected from the group consisting of 2'- fluoro, 2'-deoxy-2'-fluoro, 2'-O-methyl, 2'-O-methoxyethyl (2'-O-MOE), 2'-O-aminopropyl (2'-O-AP), 2'-O-dimethylaminoethyl (2'-O-DMAOE), 2'-O-dimethylaminopropyl (2'-O-DMAP), 2'-O-dimethylaminoethyloxyethyl (2'-ODMAEOE), and 2'-O-N-methylacetamido (2'-O-NMA).

10. The oligonucleotide of any of claims 1-9, wherein the 2'-modification is 2'-O-methoxyethyl (2'-O-MOE).

11. The oligonucleotide of any of claims 1-10, wherein the oligonucleotide is capable of decreasing tau mRNA or protein expression level by at least 30% *in vitro, or* by at least 30% *in vivo.*

12. An oligonucleotide comprising a nucleobase sequence selected from the group consisting of G*G*T*T*G*ACATCGTCTGC*C*T*G*T* (SEQ ID NO: 208) and G*G*T*T*G*A^{m}CAT^{m} CGT^{m}CTG^{m}C*^{m}C*T*G*T* (SEQ ID NO: 285) wherein the nucleotides with * have a 2'-0-MOE modification; the nucleotides without * are 2'- deoxynucleosides; m C stand for 5'-methylcytosine and the internucleoside linkages are phosphorothioate.

13. A composition comprising the oligonucleotide of any of claims 1-12 and a pharmaceutically acceptable carrier.

14. The oligonucleotide of any of claims 1-12 or the composition according to claim 13 for use in treating a tau-associated disease in a subject in need thereof.

15. Use of the oligonucleotide of any of claims 1-12 or the composition according to claim 13 in the manufacture of a medicament for the treatment of a tau-associated disease in a subject in need thereof

16. The use of claim 15, wherein the tau-associated disease is selected from the group of Alzheimer's disease (AD), amyotrophic lateral sclerosis/parkinsonism-dementia complex (ALS-PDC), argyrophilic grain dementia (AGD), British type amyloid angiopathy, cerebral amyloid angiopathy, chronic traumatic encephalopathy (CTE), corticobasal degeneration (CBD), Creutzfeldt-Jakob disease (CJD), dementia pugilistica, diffuse neurofibrillary tangles with calcification, Down's syndrome, Dravet's Syndrome, epilepsy, frontotemporal dementia (FTD), frontotemporal dementia with parkinsonism linked to chromosome 17 (FTDP-17), frontotemporal lobar degeneration, ganglioglioma, gangliocytoma, Gerstmann-Straussler-Scheinker disease, Hallervorden-Spatz disease, Huntington's disease, inclusion body myositis, lead encephalopathy, Lytico-Bodig disease, meningioangiomatosis, multiple system atrophy, myotonic dystrophy, Niemann-Pick disease type C (NP-C), non-Guamanian motor neuron disease with neurofibrillary tangles, Pick's disease (PiD), postencephalitic parkinsonism, prion protein cerebral amyloid angiopathy, progressive subcortical gliosis, progressive supranuclear palsy (PSP), subacute sclerosing panencephalitis, tangle only dementia, Tangle-predominant dementia, multi-infarct dementia, ischemic stroke, or tuberous sclerosis.