CLAIMS:

1. An oligonucleotide comprising a nucleobase sequence that has at least 90% sequence identity to any of the nucleobase sequences provided in Tables 2-17, 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, wherein the oligonucleotide comprises a nucleobase sequence that has at least 90% sequence identity to any of the sequences provided in Tables 2-8, wherein C in any of the nucleobase sequences is either cytosine or 5-methylcytosine, and wherein each 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 90% sequence identity to any of the sequences provided in Tables 2-8.

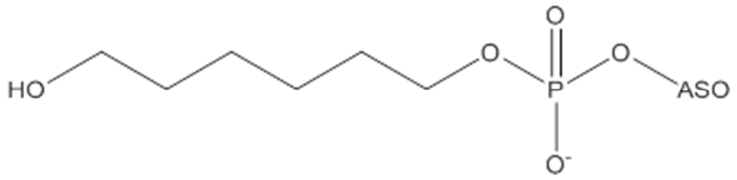
3. The oligonucleotide of claim 1, wherein the oligonucleotide comprises a nucleobase sequence that has at least 95% sequence identity to any of the nucleobase sequences provided in Tables 2-8.

4. The oligonucleotide of claim 1, wherein the oligonucleotide comprises any of the nucleobase sequences provided in Tables 2-8.

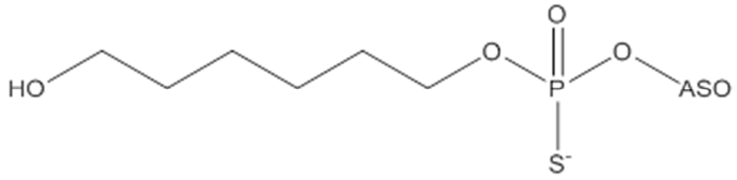
5. The oligonucleotide of claim 1, wherein the oligonucleotide consists of any of the nucleobase sequences provided in Tables 2-8.

6. The oligonucleotide of any of claims 1-5, wherein the internucleoside linkage of the oligonucleotide is either phosphodiester or phosphorothioate linkage.

7. The oligonucleotide of any of claims 1-6, wherein the oligonucleotide comprises a linker attached to the 3' end of the oligonucleotide through a phosphate bridge, and the oligonucleotide has any of the following structures:



, or



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8. The oligonucleotide of any of claims 1-7, wherein the oligonucleotide decreases tau mRNA or protein expression independent of RNAse H.

9. The oligonucleotide of claim 1, wherein the oligonucleotide comprises a nucleobase sequence that has at least 90% sequence identity to any of the sequences provided in Tables 9-15 and 17, 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.

10. An oligonucleotide comprising a nucleobase sequence that is complementary to at least 12 contiguous nucleobases of any one of SEQ ID NOs: 487-506, wherein at least one nucleotide of the oligonucleotide has a 2'-modification.

11. The oligonucleotide of claim 10, wherein the oligonucleotide comprises a nucleobase sequence that is 100% complementary to at least 12 contiguous nucleobases of any one of SEQ ID NOs: 487-506.

12. The oligonucleotide of claim 10, wherein the oligonucleotide comprises one or more 5-methylcytosines.

13. The oligonucleotide of claim 10, wherein each nucleotide of the oligonucleotide has a 2'-modification.

14. The oligonucleotide of claim 10, wherein the oligonucleotide comprises at least five contiguous 2'-deoxynucleosides.

15. The oligonucleotide of claim 10, wherein the oligonucleotide comprises at least seven contiguous 2'-deoxynucleosides.

16. The oligonucleotide of claim 10, wherein the oligonucleotide comprises ten contiguous 2'-deoxynucleosides.

17. The oligonucleotide of any of claims 1-16, wherein the oligonucleotide is capable of decreasing tau mRNA or protein expression level by at least 30% *in vivo*.