connections in mind

The Science of Sleep

Sleep & your brain

Poor sleep leads to poor executive functioning.

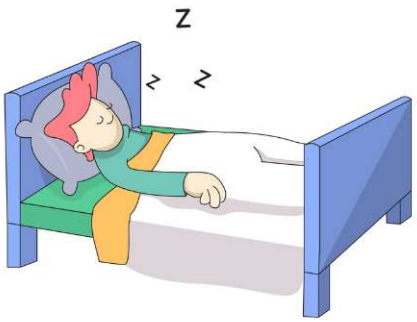
(Nilsson et al., 2005)

Sleep has many functions:

- Recalibrates our emotional brain
- Consolidate memories for better learning
- Restocks our immune system
- Do you have thoughts as to why your sleep may be so?

Beta amyloid proteins

According to Shokri-Kajori at al. (2018), impaired sleep can lead to a build-up of **beta-amyloid protein**, which is associated with impaired brain function and Alzheimer's disease.



How would you describe your current sleep?

