

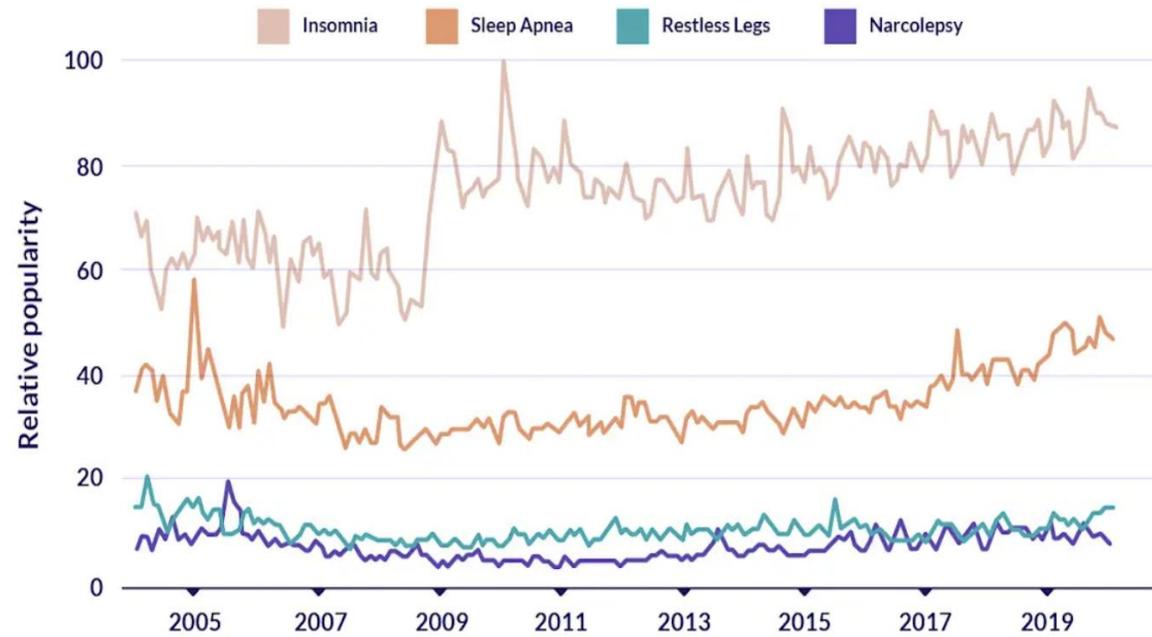


Jeriah Hamilton

# THE SCIENCE OF SLEEP

"62% Of Adults Feel As If They Don't get Enough Sleep."

### Increase in internet searches for sleep disorders



Teh, D. (2021, September 27). *Too many of us are sleep deprived and it's become a crisis.* HealthMatch. <https://healthmatch.io/blog/too-many-of-us-are-sleep-deprived-and-its-become-a-crisis>

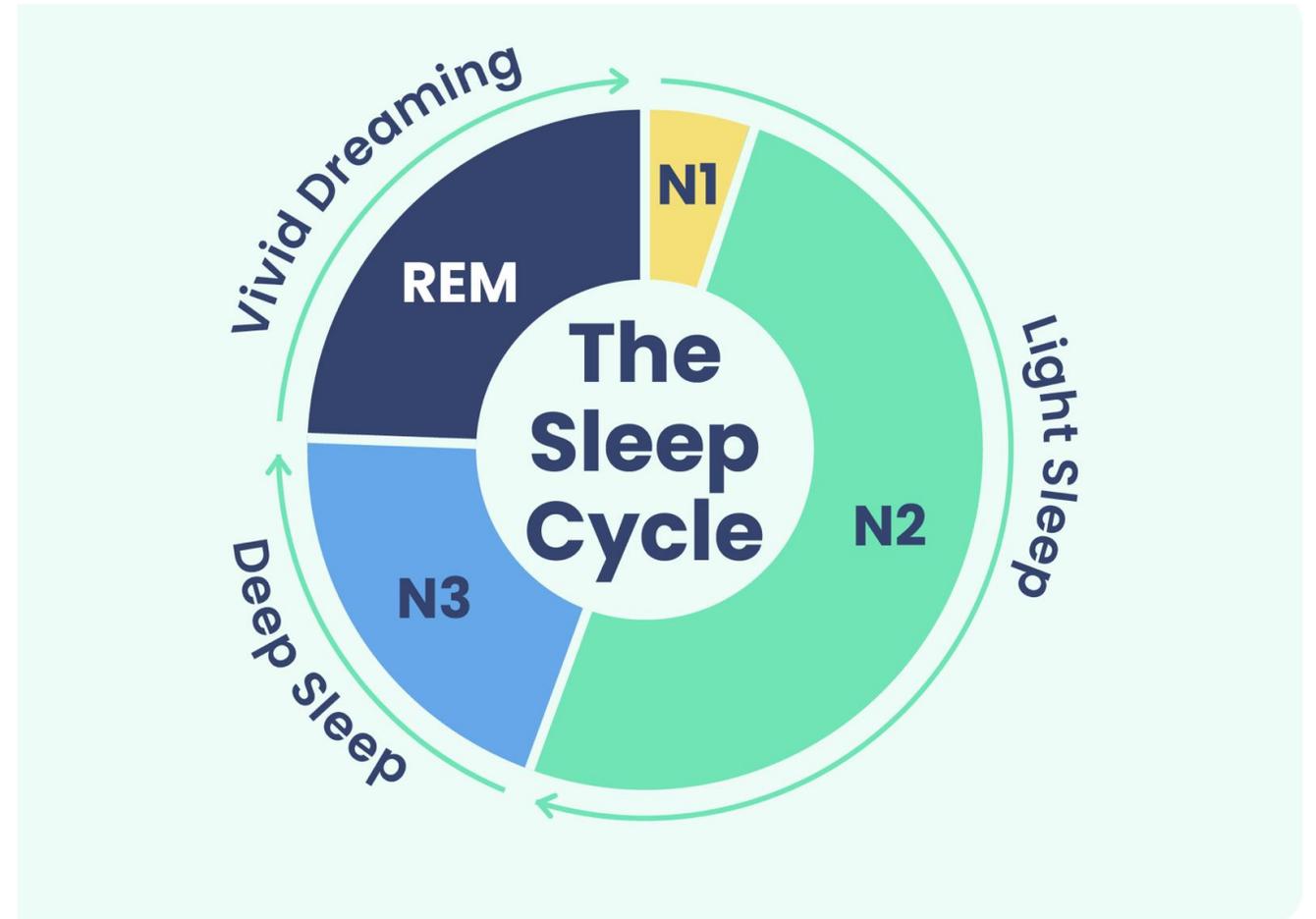
# THE SCIENCE OF SLEEP

1. The stages of sleep
2. Brain activity
3. Sleep's impact on health



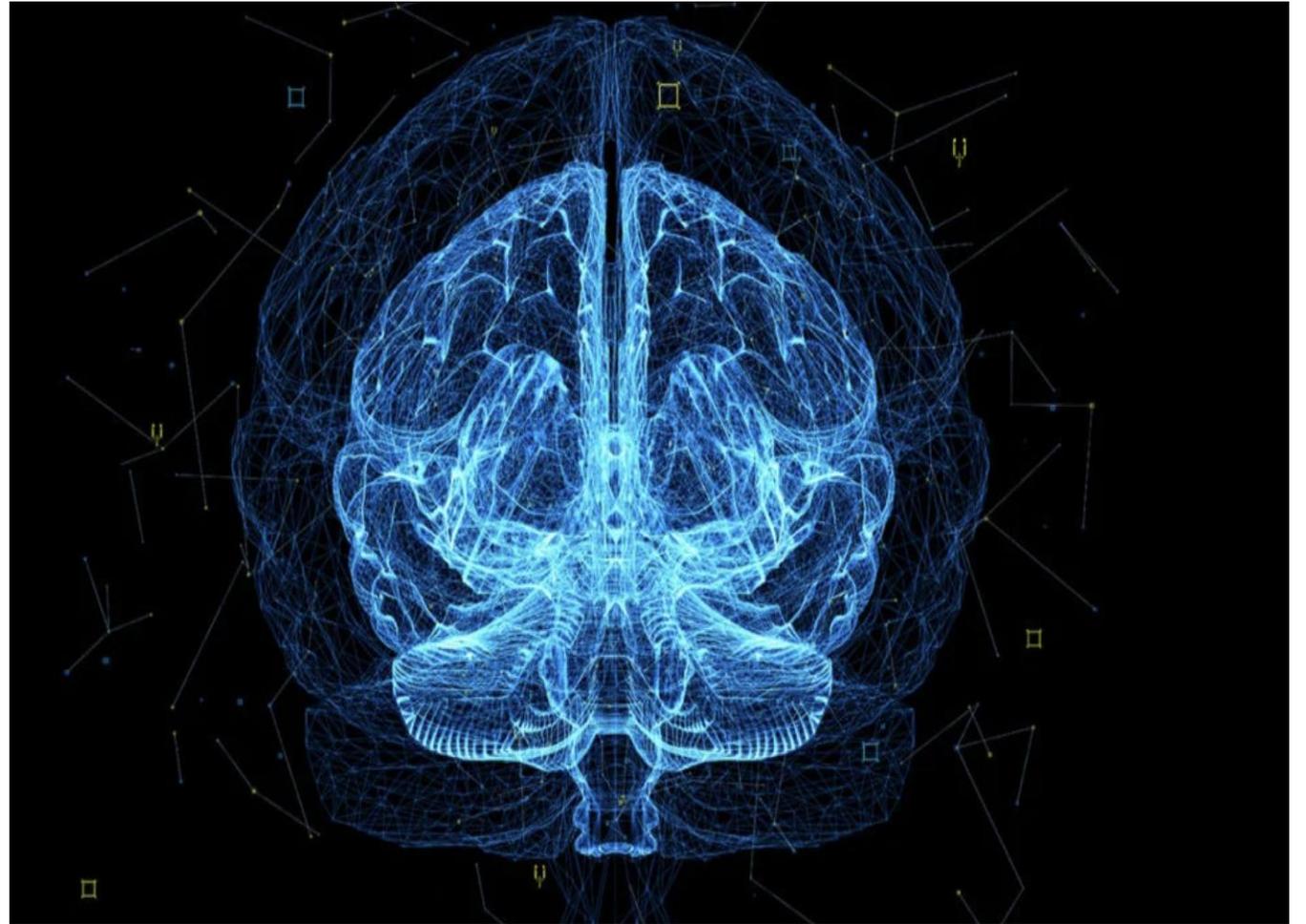
# THE STAGES OF SLEEP\_

- Stage 1 (N1)
- Stage 2 (N2)
- Stage 3 (N3) or deep sleep
- Stage 4 (REM Sleep)



# BRAIN ACTIVITY\_

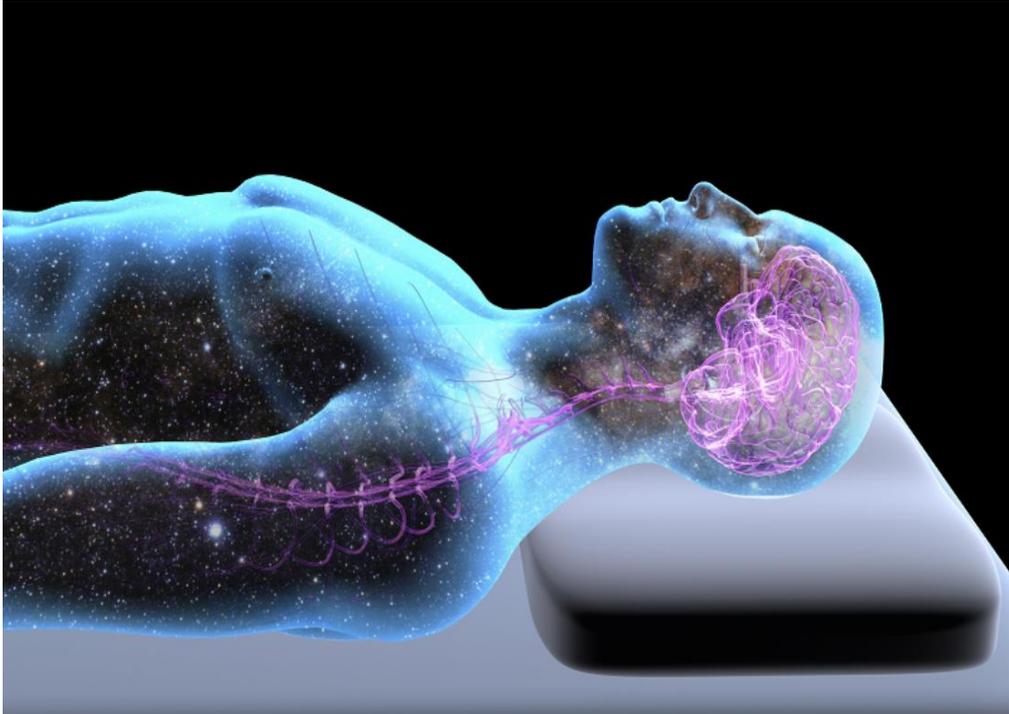
- Cleansing and Repair
- Memory processing



Rose, A. (2021, January 20). *Top Quotes: "Why We Sleep" — Matthew Walker - Austin Rose - Medium*. Medium. <https://peacejoyaustin.medium.com/top-quotes-why-we-sleep-matthew-walker-d04cc69e7608>

Wegorzewska, M. (2024, February 28). *Neurons help flush waste out of brain during sleep*. WashU Medicine. <https://medicine.washu.edu/news/neurons-help-flush-waste-out-of-brain-during-sleep/>

# SLEEP AND HEALTH



- Cognitive Function
- Weight management
- Heart Health
- Immune System

Caldwell, A. (2023, January 19). *How does sleep affect health?* News.uchicago.edu.  
<https://news.uchicago.edu/explainer/how-sleep-affects-human-health-explained>  
Harvard Medical School. (2021, October 1). *Sleep and Health*. Sleep.hms.harvard.edu.  
<https://sleep.hms.harvard.edu/education-training/public-education/sleep-and-health-education-program/sleep-health-education-86>

# "THE SHORTER YOU SLEEP, THE SHORTER YOUR LIFESPAN" —DR. MATTHEW WALKER

1. The stages of sleep
2. Brain activity
3. Impact on health

Rose, A. (2021, January 20). *Top Quotes: "Why We Sleep" — Matthew Walker - Austin Rose - Medium*. Medium. <https://peacejoyaustin.medium.com/top-quotes-why-we-sleep-matthew-walker-d04cc69e7608>

