

Week 12 – Sleep and Brain Health 🧠💤

Dear Brain Fitness Basics Students,

We are now in **week 12 of our 18-week semester!** This week, we'll be exploring a very important topic: **Sleep and Brain Health**.

Here are **three fascinating, research-based facts** about sleep and the brain:

1. **💤 Sleep strengthens memory and learning.** During deep (slow-wave) and REM sleep, the brain consolidates new information, transforming short-term memories into long-term ones. (Diekelmann & Born, *Physiol Rev*, 2010)
2. **🧠 Lack of sleep affects emotional regulation.** Studies show that when we sleep less, the amygdala (the brain's emotional center) becomes overactive while the prefrontal cortex's control weakens, increasing irritability and stress. (Yoo et al., *Current Biology*, 2007)
3. **🌙 Sleep acts as a “brain detox.”** The glymphatic system—active mainly during sleep—clears metabolic waste like beta-amyloid, which is linked to Alzheimer's disease. (Xie et al., *Science*, 2013)

Please take a moment to read this message carefully, as it contains important updates.

Class Schedule Reminder:

There will be **no class on Tuesday, November 11**, in observance of **Veterans Day**.

You have the following options to complete this week's class:

1. **Join the live Zoom session on Thursday, November 13, from 10:00 a.m. to 12:00 p.m.** [\[Click here for zoom link\]](#)
2. **Read the lesson** by clicking the following link: [\[Click here\]](#)
3. **Watch the recorded video** by clicking the following link: [\[Click here\]](#)

Thank you for your understanding. I hope to see you on Thursday—or that you'll enjoy the recorded class and lesson materials during the week.

Take good care of yourselves,

Yael Lorberfeld
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