

A stylized illustration of a human brain in shades of pink and red, positioned centrally on the page. The background features a light blue sky with a yellow sun in the top left, a dark blue night sky with a yellow crescent moon and white stars in the bottom right, and a white and light blue geometric design on the left side.

IMPACT

**Identify Mechanisms to Preserve Agility in
Cognition and Thinking**

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Brain Health Tip:

You Can Do It in Your Sleep!

Sleep is an important part of the day for your brain. For older adults, consistent sleep can help lower dementia risk.

A study of almost 8,000 adults aged 50 and older found that adults who slept 6 hours or fewer per night had a 30% higher risk of developing dementia over the next 25 years. Adults who slept for more than 9 hours per night also had worse health outcomes.

The evidence suggests that you should try to sleep 7-8 hours per night, every night.

Sleep is a period of active maintenance for your brain. Getting regular, high-quality sleep keeps your brain healthy.

Try to sleep 7-8 hours per night, every night.

Scan the QR code below to learn more about the sleep study:

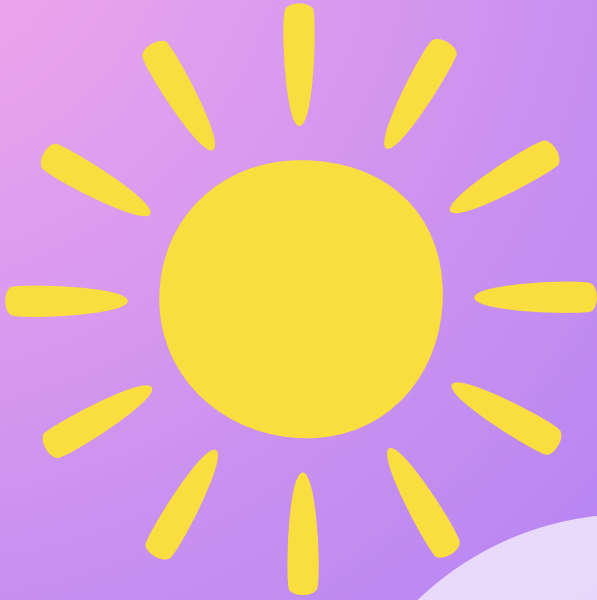


Your Brain's Cleaning Crew

As you think, remember, and react throughout the day, your active brain accumulates byproducts.

During sleep, your brain cleans out these byproducts, including amyloid-beta and tau, proteins related to dementia.





Natural light – especially bright light during the morning and early afternoon – wakes up your brain.

Melatonin is a hormone made your brain. As natural light fades in the evening, melatonin tells your brain to go to sleep. Light from screens makes it harder for the brain to make melatonin.



Light Sleep

During light sleep, your muscles relax, your heart rate slows, and your body temperature drops. Your brain starts to turn short-term memories into long-term memories.

Deep Sleep

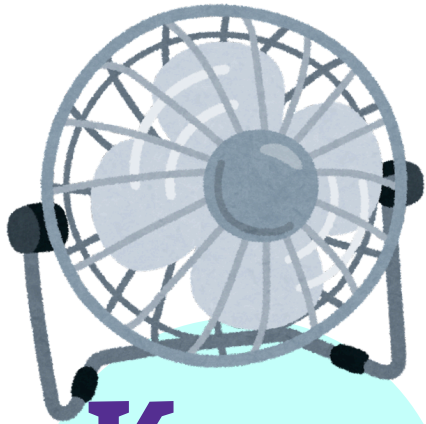
During deep sleep, your blood pressure drops and your breathing slows. Your body repairs your muscles and strengthens your immune system.

R.E.M.

During R.E.M. (rapid eye movement) sleep, you have your most vivid dreams.

Your brain regulates your emotions and stores what you have learned in your long-term memory.

Prepare Your Brain for Bed!



Kee your bedroom cool: around 65-68°F.



Go to bed at the same time every night, even on weekends!

Stay away from screens 2-3 hours before bed.



Limit food and alcohol for the last 3 hours before bed.

Relax with stretching or meditation before going to sleep.



**This article is for general health information purposes only.
Please discuss any sleep concerns with your doctor.**

We'd love your feedback!

If you have any feedback
on your visit(s) or this
newsletter, please email
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Learn more about our study
and how you can get involved on
[our website:](#)



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