IMPACT

Identify Mechanisms to Preserve Agility in Cognition and Thinking

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Farzaneh A Sorond MD, PhD



From the
ABC Lab
at **Northwestern Memorial Hospital**

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(312) 612-0316
ABCLab@northwestern.edu

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**.



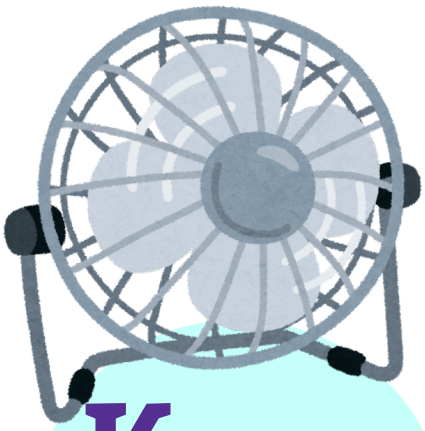
Deep Sleep

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!



Keep 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!

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Learn more about our study and how you can get involved on **our website:**


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