

3. Allow for autophagy.



That's when your brain cleans house.

We need a good night's sleep to maintain a healthy brain. That's when the brain is cleared of toxins that naturally build up throughout the day. Two types of helper cells, microglial cells and astrocytes, perform this cleansing process.

During sleep, those cells help repair the brain's neural wiring and help remove beta-amyloid, a toxic protein found in the brains of Alzheimer's patients. That's autophagy.

Sleep deprived? Your mind-sweepers attack healthy, functioning tissues.

Take care of your sleeper cells.