

# One more reason to get a good night's sleep

Jeff Iliff, September 2014

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## Vocabulary

- murky (adj.) :
- byproduct (n.) :
- mundane (adj.) :
- percolate (v.) :
- cerebrospinal (adj.) :
- aggregate (v.) :
- buildup (n.):
- countertop (n.) :

## Questions

- In our lives, how long do we spend sleeping?
  - What is the first problem that every organ must solve?
  - Thanks to what, do nutrient and oxygen spread out to each and every cell in the brain ?
  - How does our body clear the waste produced by cells ?
  - What doesn't make sense with the lymphatic vessels in the brain?
  - What is the name of the waste created by the brain ?
  - How does the brain clear its waste ?
  - What kind of waste product needs to be cleared?
  - What is the problem with patients with Alzheimer's disease ?
  - What is at stake when it comes to cleaning the brain?
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- Recent poll highlighted the fact that we sleep less than 60 years ago, to your mind why?
  - Do you think you sleep enough ?
  - Do you care about your sleeping time ?