

Why do we Sleep?

Russell Foster

22 mins

Overview of session

A Ted Talk with some useful information for us all

Russell Foster is a circadian neuroscientist: He studies the sleep cycles of the brain. And he asks:

What do we know about sleep?

Not a lot, it turns out, for something we do with one-third of our lives. In this talk, Foster shares three popular theories about why we sleep, busts some myths about how much sleep we need at different ages and hints at some bold new uses of sleep as a predictor of mental health.

Click on the picture or copy & paste the link below into your browser to watch the video



<https://www.youtube.com/watch?v=LWULB9Aoopc>

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