

Nothing to disclose  
No Conflict of Interest

**"If sleep does not serve some vital function,  
it is the biggest mistake evolution ever made."**

**~Allan Rechtschaffen**

# Major events significantly impacted human sleep behaviors

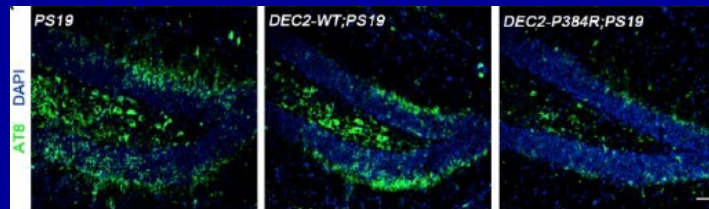
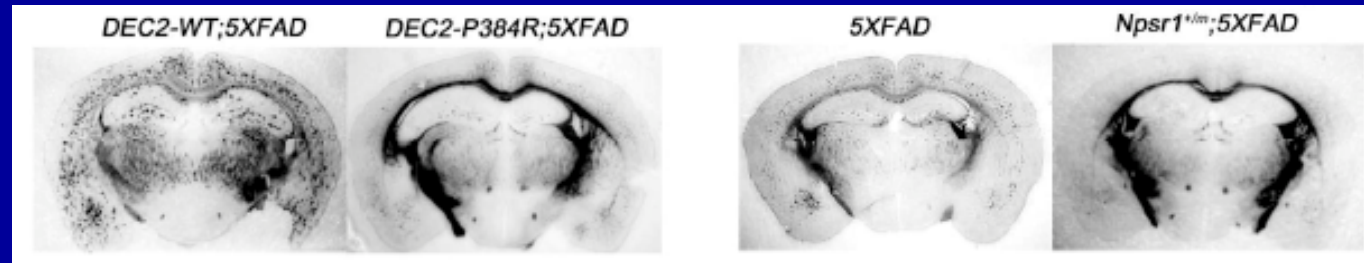
Light/Electricity & Digital gadgets

# External factors affecting sleep

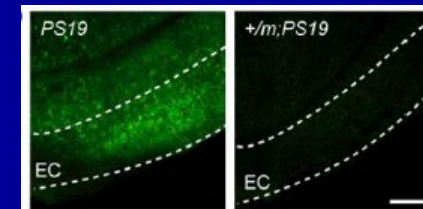
- Life-style choices: light, gadgets, coffee, alcohol, stimulants, food/drink
- Job, school, commute
- Health
- Socio-economic status
- Life circumstances
- Surrounding environment

# Plaques and Tangles in FNSS+AD mice

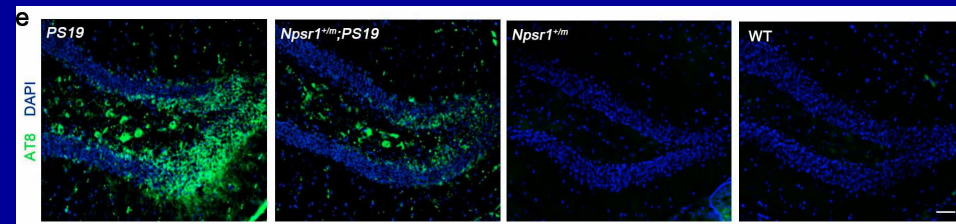
6 Months



DEC2



ADRB1



NPSR1

Good sleep is a basic need for healthy longevity.

Sleep as a mitigatable target for Brain disorders ?