- Alzheimer's Disease

# PILLOW TALK FOR YOUR BRAIN

## A good night’s sleep keeps you sharp

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TO KEEP your brain healthy, get between seven and eight hours of sleep a night! According to a new study, getting less sleep may trigger a buildup of plaque in the brain and lead to an increased likelihood of Alzheimer’s disease. But getting more sleep isn’t ideal either! The Stanford University study found too much shut-eye in old age could make you slow and forgetful. The study also found people who slept for normal periods were less likely to be depressed.