

# Why We Sleep

## - The New Science of Sleep and Dreams

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## Conclusion

### *To Sleep or Not to Sleep*

Within the space of a mere hundred years, human beings have abandoned their biologically mandated need for adequate sleep – one that evolution spent 3,400,000 years perfecting in service of life-support functions. As a result, the decimation of sleep throughout industrialised nations is having a catastrophic impact on our health, our life expectancy, our safety, our productivity, and the education of our children.

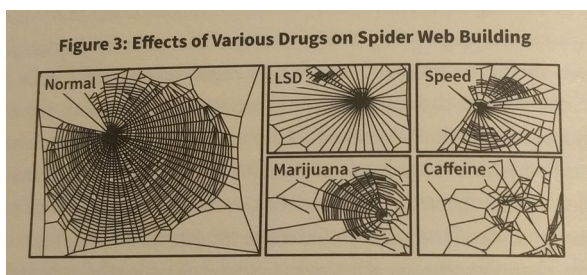
This silent sleep loss epidemic is the greatest public health challenge we face in the 21<sup>st</sup> century in developed nations. If we wish to avoid the suffocating noose of sleep neglect, the premature death it inflicts, and the sickening health it invites, a radical shift in our personal, cultural, professional, and societal appreciation of sleep must occur.

I believe it is time for us to reclaim our right to a full night of sleep, without embarrassment or the damaging stigma of laziness. In doing so, we can be reunited with that most powerful elixir of wellness and vitality, dispensed through every conceivable biological pathway. Then we may remember what it feels like to be truly awake during the day, infused with the very deepest plenitude of being.

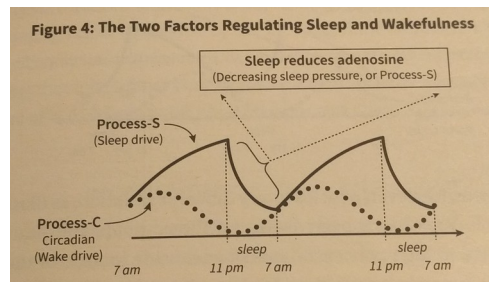
[Some specific findings:

Learning most effective after 8 hours sleep the night before and 8 hours sleep for next 3 nights.

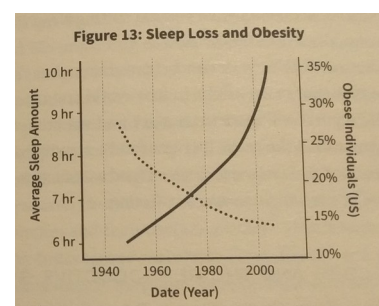
Effects of caffeine:



How we get sleepy (and go to sleep)

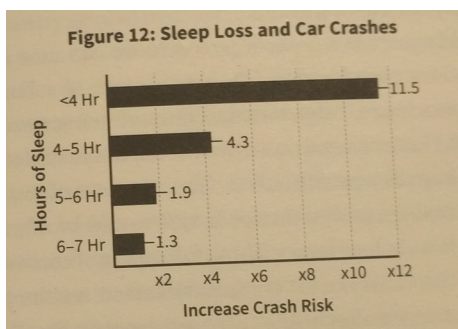


Sleep loss and obesity:



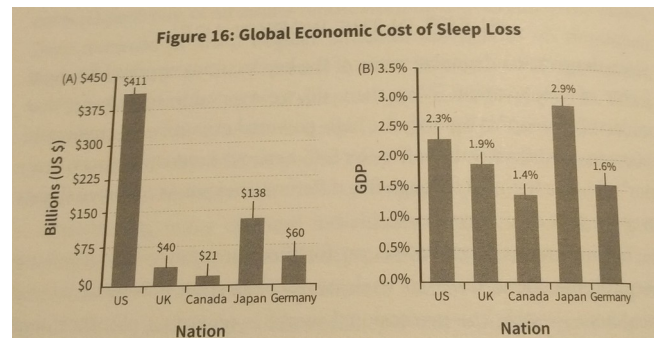
Caffeine blocks adenosine sites, needed to be occupied by adenosine to go to sleep

Sleep loss and car crashes:



1.2 m car crashes pa in US due to drowsiness  
(more than due to alcohol + drugs together)

Cost of sleep loss:



according to the Rand Corporation, 2016

Reports on Chernobyl and Exxon Valdez disasters state they resulted from sleep deprivation.  
Sleep deprivation shortens life span, compromises immune system, affects gut ecology...