

A photograph of Dr. Matthew Walker, a man with short blonde hair and a light beard, wearing a black button-down shirt. He is standing on a stage with a dark blue background, gesturing with his hands while speaking. He is holding a small white object in his right hand and has a ring on his finger. A semi-transparent dark blue box is overlaid on the right side of the image, containing the title and his name in white text.

Sleep

Dr. Matthew Walker



Agenda

- My Superpower
- Control
- Stigma
- Learning and Memory
- Ageing and Dementia
- The Body
- Genetic Code
- Tips

My Superpower





And God said,

“Let there be light:”

Control

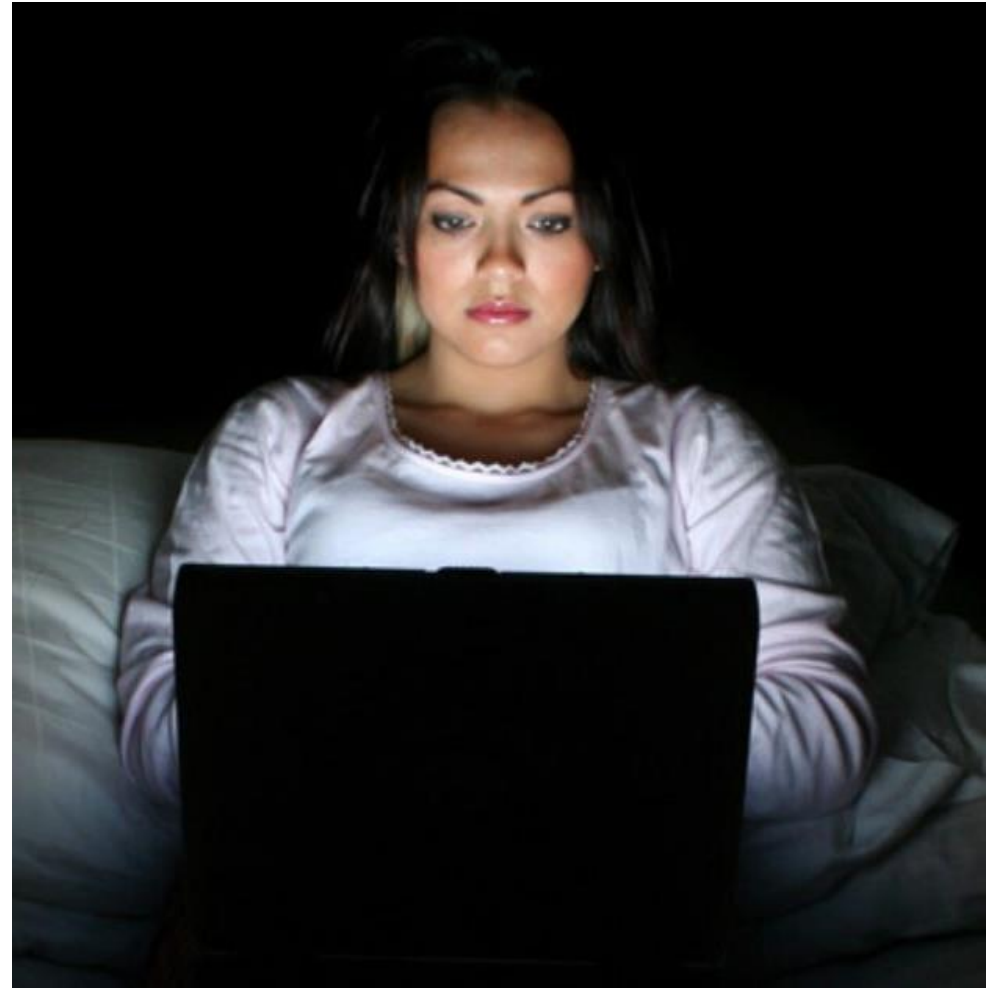
- Was once a biblical miracle. Now the power is ours.
- What have we gained?
- What have we lost?

and there was light.

— Genesis 1:1



Stigma



Learning and Memory

- 40% deficit in ability to make new memories after pulling an all-nighter
- Maybe okay for an exam or two, but not sustainable.
- Less sleep does not equal more productivity
 - Under-slept employees take on less challenging problems
 - They produce fewer creative solutions
 - They are more likely to lie, cheat and engage in deviant behavior.



Ageing and Dementia

- “Insufficient sleep across the lifespan is significantly predictive of your development of Alzheimer's disease pathology in the brain.”
- Less estrogen/testosterone (10 years older!)





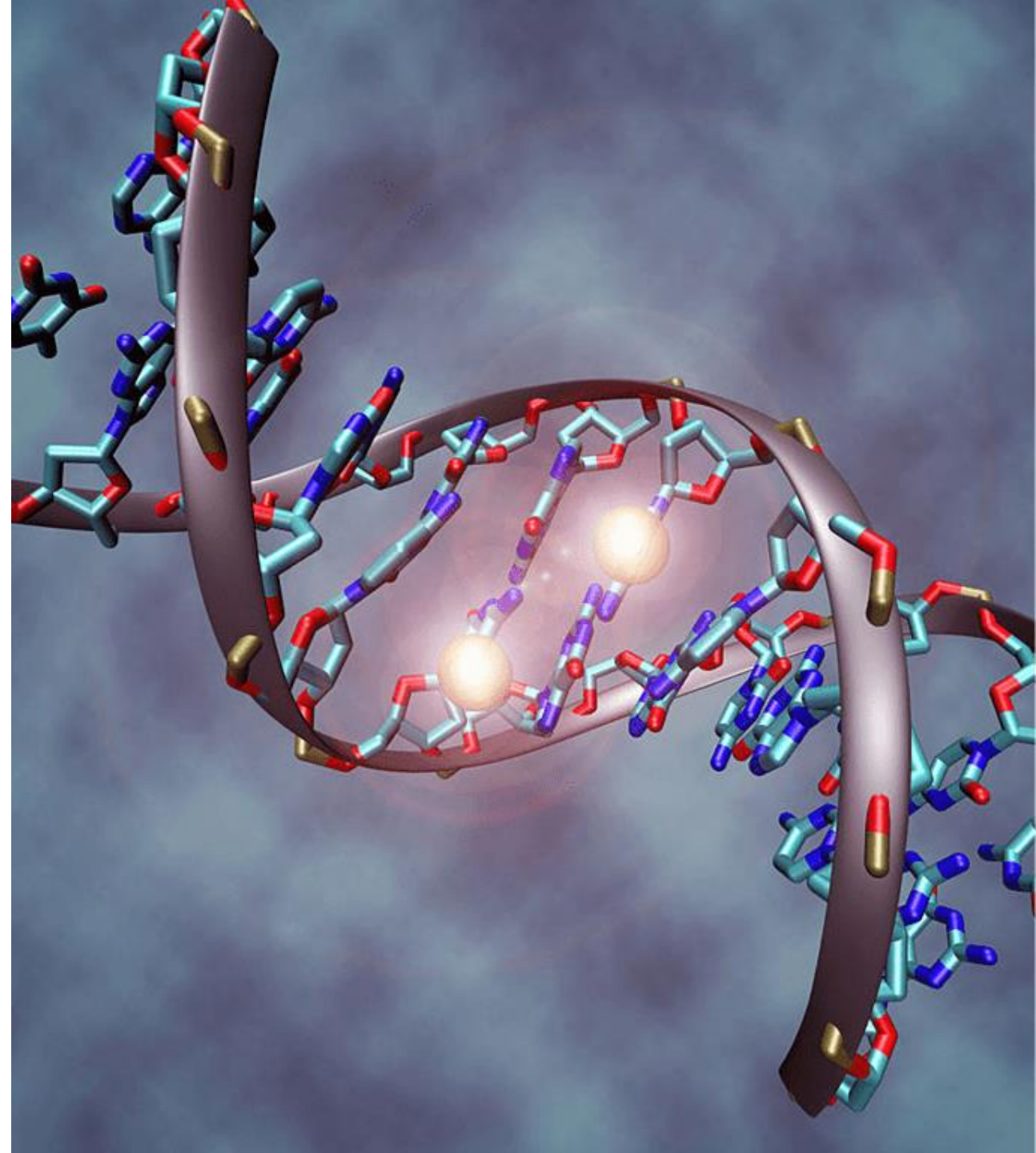
The Body

- Shorter sleep = shorter life
- Preventative
- Daylight savings
 - When we lose an hour of sleep we see a 24% increase in heart attacks the following day
 - When we gain an hour of sleep, we see a 21% decrease in heart attacks
- 007 Agents reduce drop by 70% when only getting 4 hours of sleep.
- The WHO declared night shift work a probable carcinogen

Genetic Code

6hrs vs 8hrs

- 711 genomes with notable changes
- Half of them increased
- Half decreased
- Increase in tumours, stress, long term memory, cardiovascular disease
- Decrease in immune system





You're Not Fine

- “I’ve been internalising a really complicated situation in my head.”
- Poor Decision making
- [Child cries...](#)



Tips

- Regularity
- Booze – don't do it
- Showers – do it
- 7 – 9 hours
- [You just have to say that you're fine...](#)