



THE BEST
OF OUR
DAYS AND
OUR SLEEP

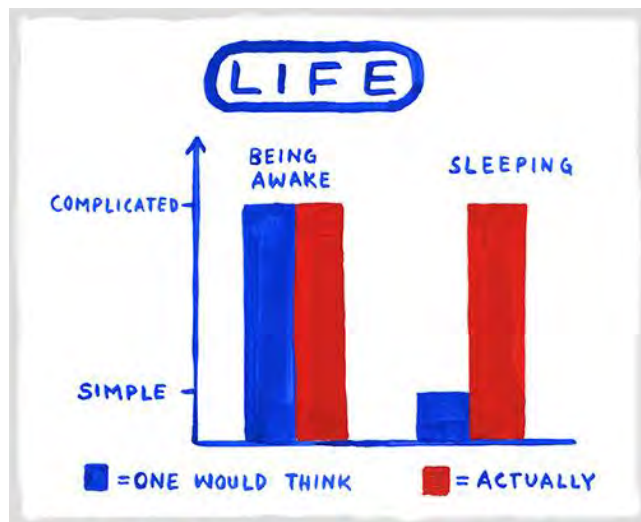
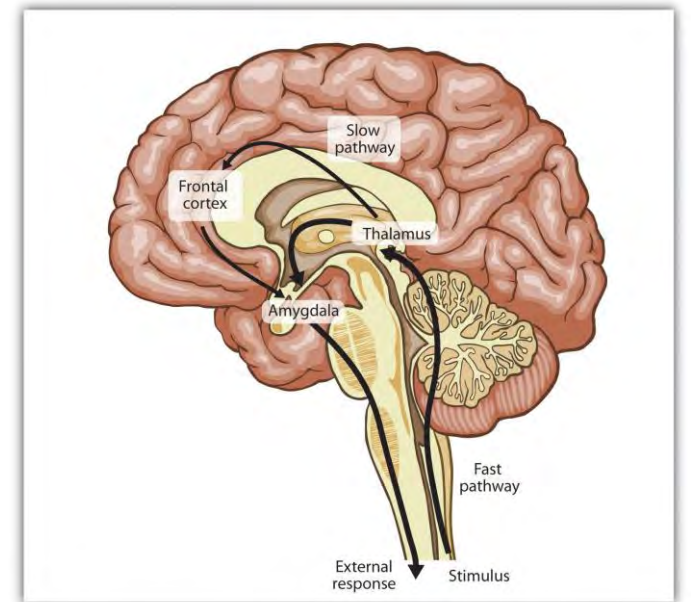
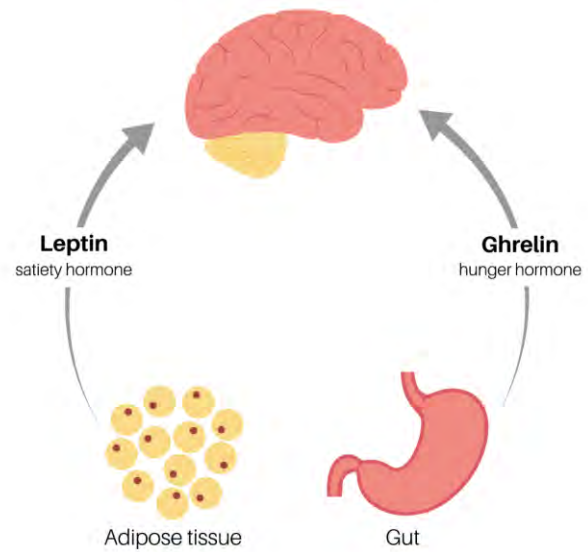
LINA FINE MD

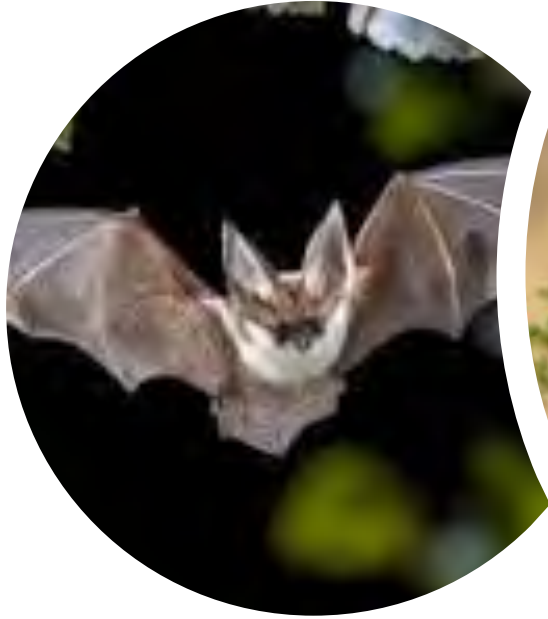
WHAT IS THE
PURPOSE OF
SLEEP?



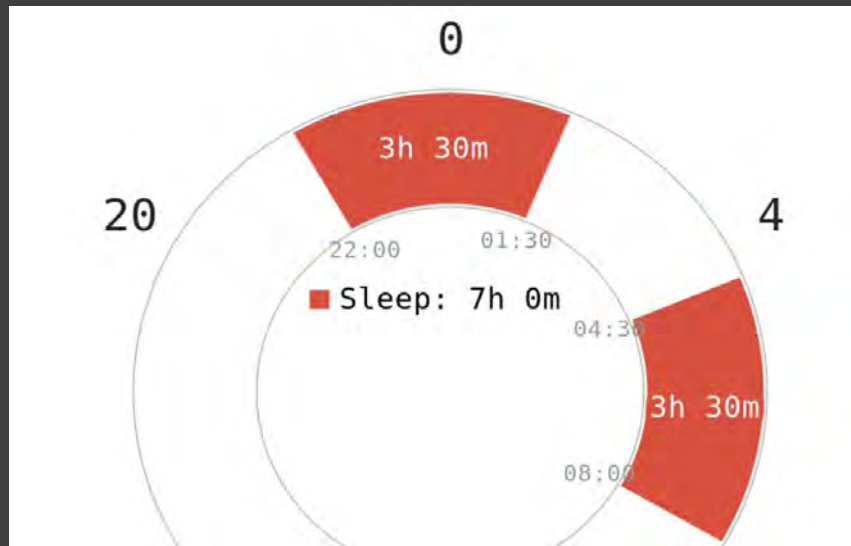
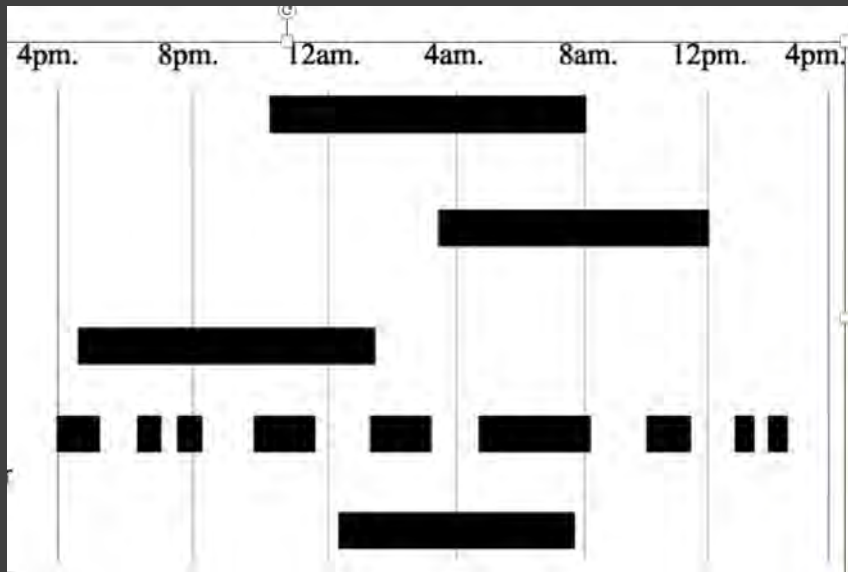


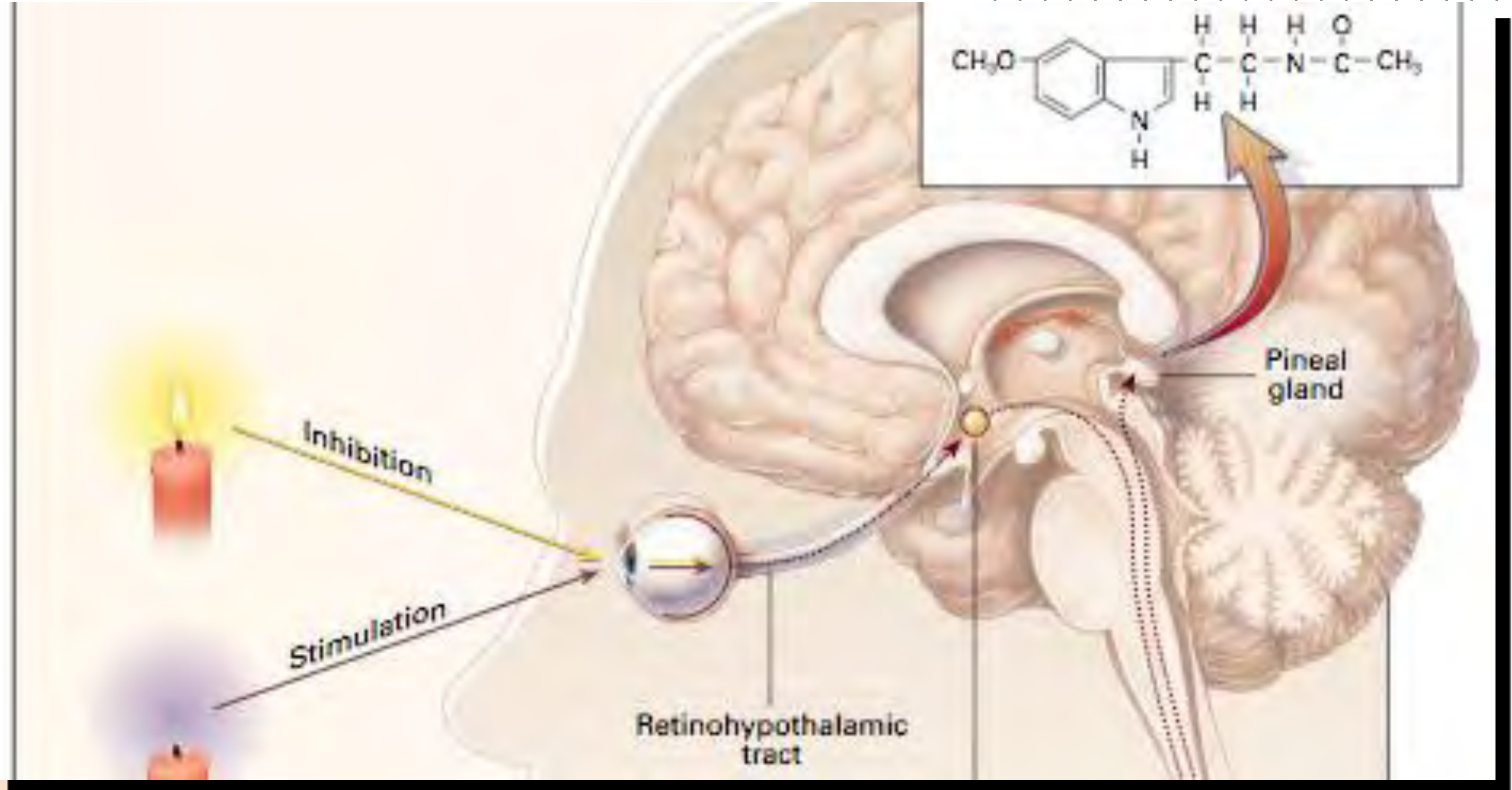
HUNGER AND SATIETY

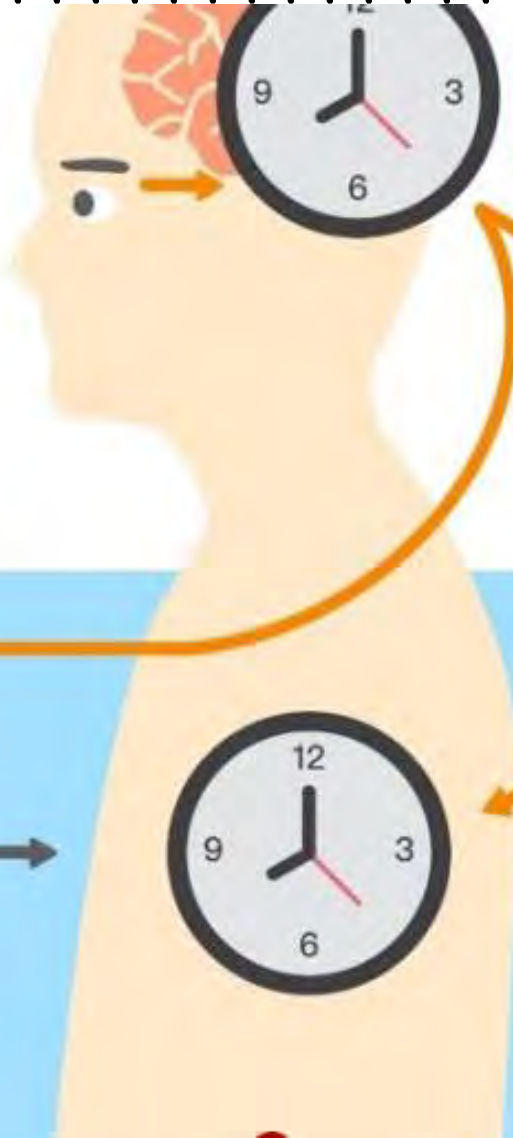




WHAT ARE THE
SOCIAL
EXPECTATIONS OF
SLEEP VS BIOLOGICAL
ONES?







Master clock in the SCN

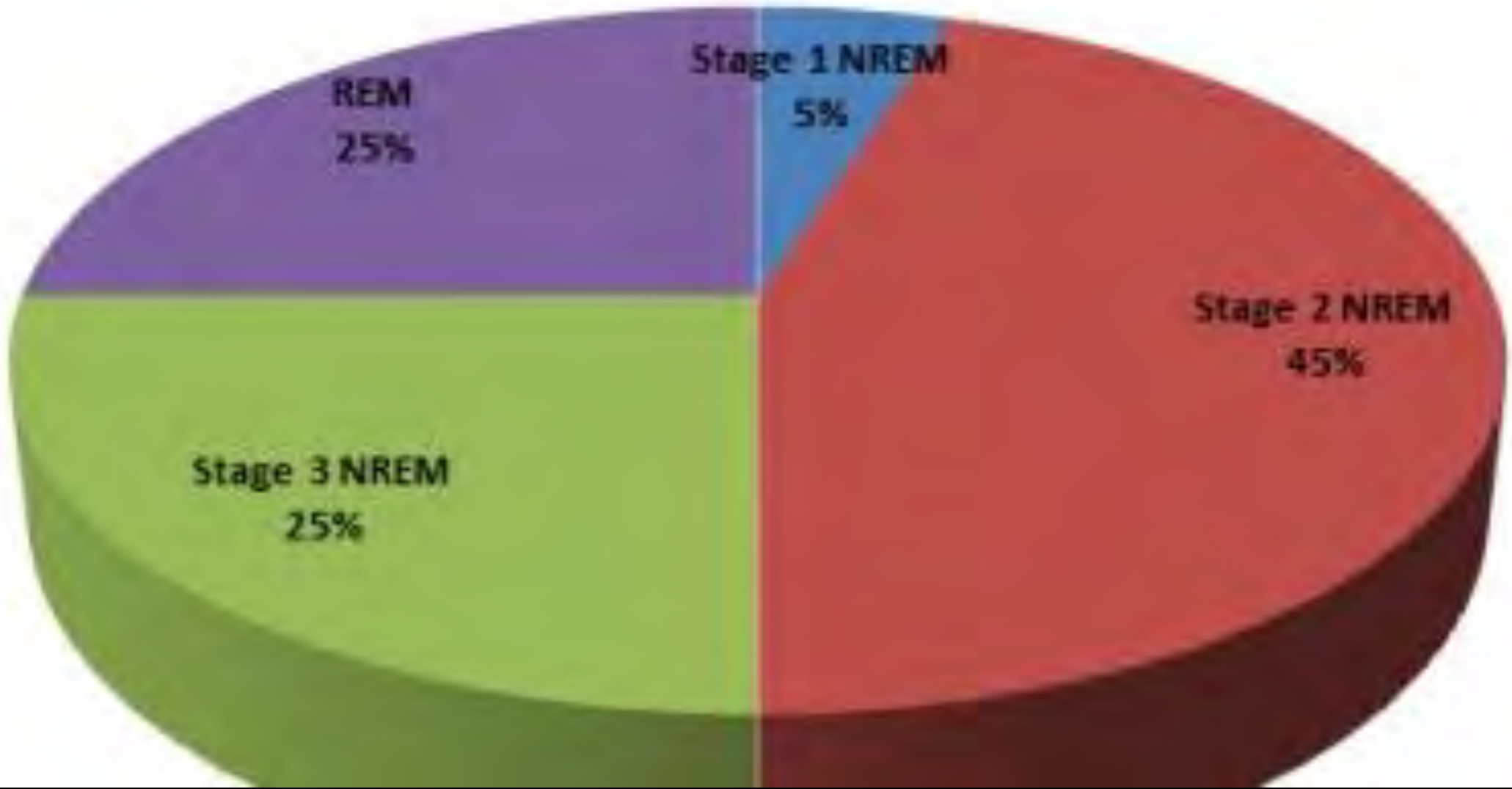
peripheral tissue

**Tissue
microenvironment**

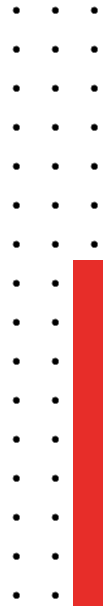
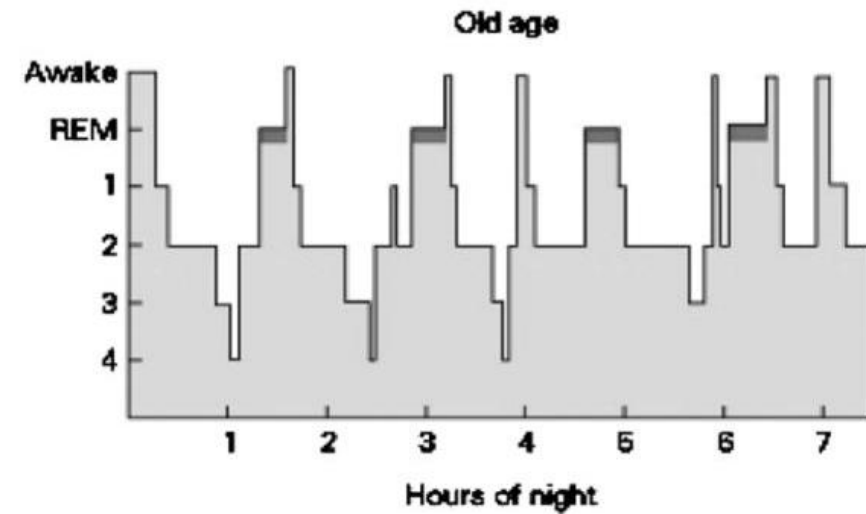
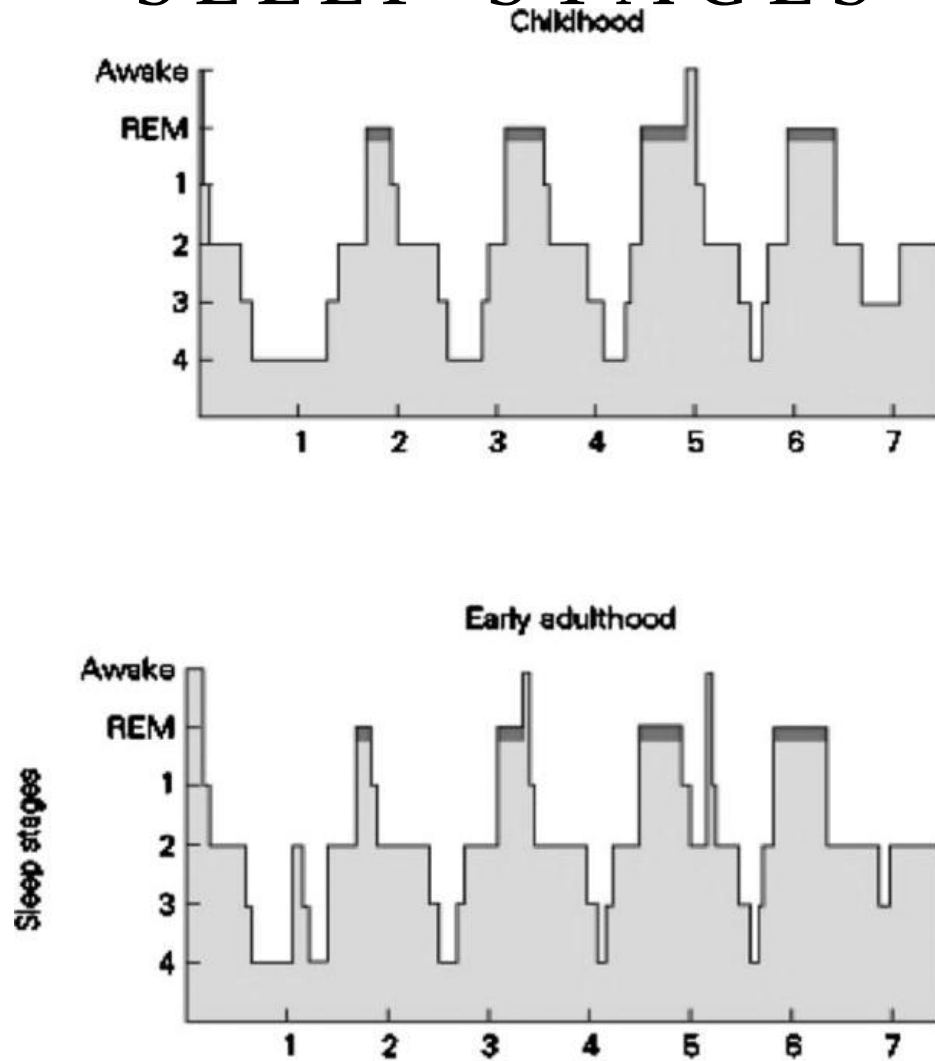


**Clocks in
peripheral tissues**





SLEEP STAGES THROUGH AGES





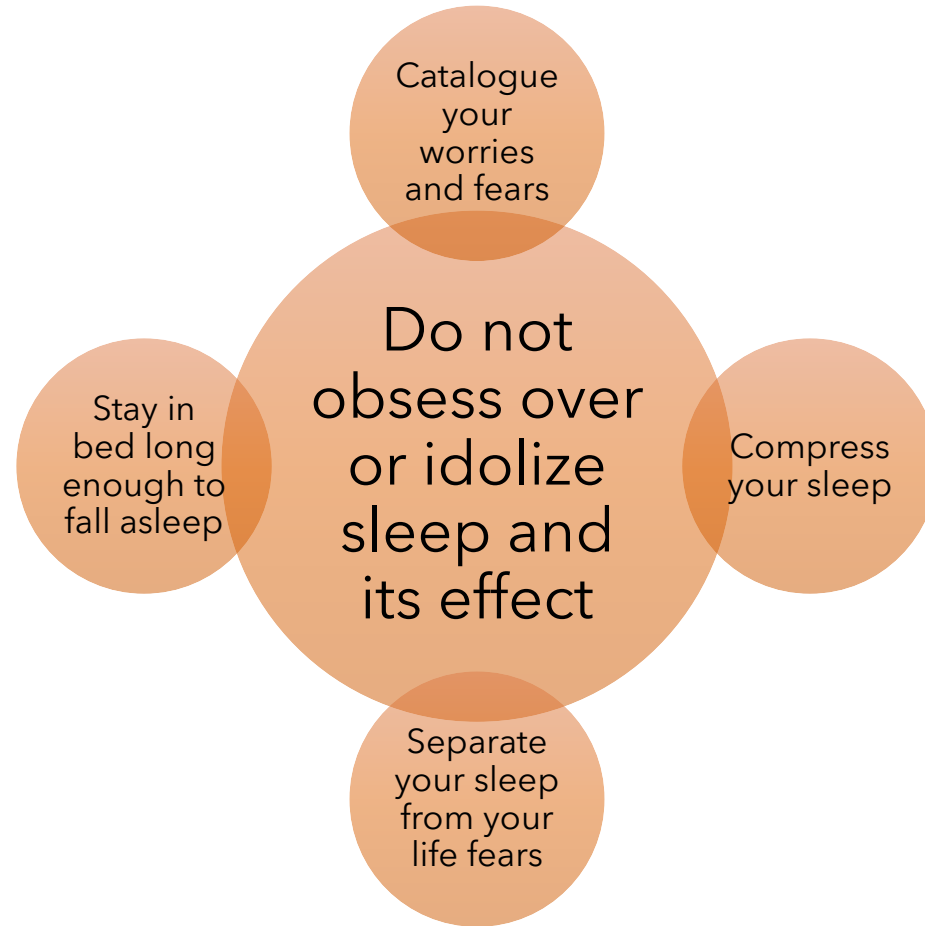


"I couldn't sleep."



"When I can't sleep, I find that it sometimes helps to get up and jot down my anxieties."

IMPORTANT SLEEP TENETS





Many things - such as loving, going to sleep or behaving unaffectedly - are done worse when we try hardest to do them

C.S. Lewis