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## The Importance of Sleep

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Sleep is vital for your health and wellness throughout your life. When you get poor sleep, your body systems can be compromised, especially when there is inadequate sleep over many days.

### Why Sleep Matters

- **Brain function and cognitive health:** Learning, memory consolidation, and processing information
- **Physical health and restoration:** Repair of muscles, organs, and tissue
- **Regulation of blood pressure**
- **Immune system support**
- **Weight and metabolic health:** Helps manage hunger hormones
- **Mental health and mood regulation:** Reduces stress and anxiety, improves overall emotional regulation
- **Safety and performance**
- **Improves alertness**
- **Reduces risk of incidents and injuries**

## Sleep Performance Tips

The best way to get rest is to plan for it.

- Clear the room of electronics and avoid light/dim the lights.
- Avoid caffeine (stimulants) at least five hours before bedtime.
- Make your sleeping area comfortable, quiet, temperature cool, and dark.
- Make it a routine. Before bed: read a book, take a shower/bath, listen to music.
- Avoid alcohol.

## Still Having Trouble Sleeping?

Loud snoring? Gasping for breath during sleep? Waking up frequently? Feeling tired? Dry mouth?

- Seek help!
- Obstructive sleep apnea and insomnia are common.

## Sleep Apnea is linked to:

- High blood pressure
- Atrial fibrillation
- Sudden cardiac death
- Heart failure

• [NIH – Importance of Sleep](#)

• [OHSU – Sleep Disorders](#)

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*SIGNATURES*