



Goodnight Zoom Resource List

- [How Sleep Affects Your Health](#)
- [Cleaning the sleeping brain – the potential restorative function of the glymphatic system - ScienceDirect](#)
- [Stages of Sleep: What Happens in a Sleep Cycle | Sleep Foundation](#)
- [Sleep deprivation: Impact on cognitive performance - PMC](#)
- [Sleep & Job Performance: Can Sleep Deprivation Hurt Your Work? | Sleep Foundation](#)
- [Anatomy of Anxiety, Ellen Vora](#)
- [Russell Foster: Why do we sleep? | TED Talk](#) (21 mins)
- [Matt Walker: Sleep is your superpower | TED Talk](#) (19 mins)
- [Jeff Iliff: One more reason to get a good night's sleep | TED Talk](#) (11 mins)

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