



# Tips to keep you airborne!



November 2017 - A little known secret  
of sleep

Here's a question....do you have squeaky clean sleep habits and are you getting adequate sleep as a result? Well, if a recent report from the Sleep Health Foundation by Deloitte Access Economics 2017 - Asleep on the Job: Counting the cost of poor sleep is anything to go by, the chances are that maybe you don't and maybe you aren't.

Did you know it's estimated that a whopping 39.8% of Aussie adults are not getting enough sleep?

Apart from the usual suspects, including heart disease, obesity, diabetes, depression and a raft of other physical and mental complications that can rear their ugly heads when you don't put enough sleep in your sleep tank, there's a relatively new kid on the block called the glymphatic system...yes, you read correctly...the glymphatic system (not a lymphatic typo), which can take a battering if you sell yourself short on the sleep stakes.



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Simply put, the glymphatic system, is a waste removal cleaning system for the brain.

Groundbreaking research by neuroscientists at the University of Rochester Medical Centre unlocked this discovery in 2015. Heretofore, it was unclear exactly how the brain disposed of waste products in such an effective manner.

In essence the researchers showed that the brain has a highly organized system of pipes that shadow its blood vessels, carrying cerebrospinal fluid (CSF) around the brain. On its journey, the CSF flows into the nooks and crannies of the cerebral tissue, sweeping up waste products along the way.

Whilst this cleaning system is always on the go, it's said to be 60% more effective when we sleep. It is plumbing par excellence!

Why all the fuss, you might be wondering if like me, you're not too crazy about getting into corners with your vacuum cleaner.

Well, if the following statement from Jeffrey Iloff, research assistant professor at the Rochester lab is anything to go by, you might just re-think your housekeeping position...

"...in essentially all neurodegenerative diseases, including Alzheimer's disease, protein waste accumulates and eventually suffocates and kills the neuronal network of the brain."

So, the possible moral of the story...if I may re-write Shakespeare's line from Hamlet...

To sleep, perchance to clean!

Till next time, here's to blowing the dust off the old vacuum cleaner.

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