

FALL 2024 DONOVAN FORUM SERIES

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LEXINGTON SENIOR CENTER
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NOVEMBER 21 2024 | 2 - 3 PM

The Importance of Sleep for Health and Longevity

Dr. Lauren Whitehurst
Assistant Professor
University of Kentucky

Processes during sleep prepare us for learning. Transformations to learned material occur during sleep and chronic sleep disruption sets the stage for accelerated cognitive impairment across the lifespan. This talk will review the many ways that sleep shapes our cognitive function across the lifespan.



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