

THE COACH'S PLAN

The Deep Sleep Brain-Cleanup Plan

For adults who want to protect the nightly brain maintenance that runs on deep sleep.

Stage 3

Deep sleep

When the brain's cleanup runs best

Amyloid

A protein cleared at night

Tied to Alzheimer's when it builds up

~60%

Older adults

Report some chronic sleep trouble

While you sleep, a waste-clearance network called the glymphatic system flushes proteins out of your brain, and it works best during deep, slow-wave sleep. Deep sleep shrinks with age and with poor nights, so the cleanup gets less time to run. The memory link is real but associative, not proof that better sleep prevents disease.

What the evidence actually says

- 1 The glymphatic system clears waste from your brain and works best while you sleep (Cleveland Clinic).
- 2 It removes proteins like amyloid and tau, the same ones linked to Alzheimer's (Cleveland Clinic).
- 3 The system is most active during stage 3 NREM, known as deep sleep (Cleveland Clinic).
- 4 Deep sleep naturally decreases with age, so the cleanup gets less time (Cleveland Clinic).
- 5 Better sleep is healthy, but is not proven to prevent Alzheimer's (National Institute on Aging).

Your 3-step plan

1 Step 1: Guard a Consistent Sleep Window

Go to bed and wake at about the same time every day, weekends included. A steady schedule helps you reach and hold the deep sleep the glymphatic system depends on.

2 Step 2: Put Screens Down Before Bed

Turn off phones and TVs at least an hour before bed, ideally two to three. Cutting late screen light protects the slow-wave sleep that does the cleanup work.

3 Step 3: Move by Day, Skip the Late Nightcap

Get daytime physical activity and avoid alcohol or a heavy meal within two hours of bed. Cleveland Clinic lists both among the simplest ways to support this system.

The safety line

This guide is educational and is not medical advice. Disrupted sleep, loud snoring, or daytime exhaustion can signal treatable conditions like sleep apnea. Talk with your doctor rather than self-treating.

Read the full article: <https://www.agelesscoach.com/articles/the-brain-waste-that-builds-up-when-sleep-slips>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.