

Cool Facts Friday #8

Dave Asprey:

Welcome to another edition of Cool Facts Friday. I love doing this and if you have ideas for me, things that I should know about that you think would make a cool fact, just go to my daveasprey.com page and go to the podcast button on there and you can submit a cool fact for me, and I'll probably read it, at least if it's cool.

Cool Fact No. 1:

Why the texture of butter has changed in Canada. *(Transcript not available.)*

Cool Fact No. 2:

This cool fact is about teenagers, sleep, and mental health. There's a significant relationship between poor sleep and mental health issues in kids, according to brand new research that came out in the Journal of Child Psychology and Psychiatry. Kids who don't sleep well are more likely to experience later problems with mental health, even when they're adults.

Researchers from England's University of Reading, and Goldsmiths University, and Australia's Flinders University, asked 5,000 teens about depression, anxiety, and quality and quantity of sleep, and the control group of teenagers got about eight hours of sleep a night on school nights and about nine and a half hours of sleep on weekends. Depressed teens got seven and a quarter hours on each school night and only a little bit over nine hours of sleep on weekends. That extra 45 minutes matters a lot.

The National Sleep Foundation recommends teens get between eight to 10 hours of sleep every night between 14 and 17.

And what does that mean for you? Well, one of the study's lead researchers says poor sleep during adolescence is a fork in the road where a teen's mental health can deteriorate if not treated. So ask your teen about their sleep and what's keeping them up so late. Or if you're a teen, ask yourself. It could be your homework, it could be too much stress on devices, or hey, trying to date.

Source: <https://www.sciencedaily.com/releases/2020/06/200617194508.htm>

Because you already know the benefits of sleep, you can prioritize your own sleep and help your kids do it as well. This is something I do with my own kids. If your teen has trouble sleeping or there's a change in hormones, sometimes cooling off sleep can help a lot. ChiliSleep's water-based mattress toppers are customizable, climate controlled thing you can use with your kids. And there's lots of other sleep interventions, teach your kids and get it in your own head that sleep is about having more power to learn and have fun. Sleep isn't a chore. Sleep is something that you do, just like eating.

Cool Fact No. 3:

This cool fact is about how your memories have unique fingerprints in your brain. And we finally figured it out. We really don't yet know in the field of cognitive science, how memories work, but this new research shows that each person has their own signature of neurological activity, which basically are fingerprints for recalling a memory, and our broad architecture and organization in our brains is universal, but there are really big differences between how people reimagine a common scenario, and now we can quantify it in brain activity.

This research comes out of the University of Rochester Medical Center and they noted that a lot of the regions that fire up with memories are the ones that decline in function as you age, and they're the ones that degenerate if you have Alzheimer's or Parkinson's or something like that.

What does it mean for you? If you want to keep your memory, keep your brain's metabolism working very well and your own memory unique fingerprints will keep working, which is really important. Before this, we weren't sure that the memories were in those vulnerable areas of the brain. So if you want to be 180, like me, and remember your own name, start paying attention to your brain metabolism.

Source: <https://www.sciencedaily.com/releases/2020/11/201120132624.htm>

I would love to know more of the cool facts that got you excited. Go to daveasprey.com and click on the podcast button and send them into me. I actually read the studies you send me. It's one of the sources of knowledge for me, and I appreciate it.