



**SLEEP IS VITAL TO THE AGING BRAIN,  
INCLUDING COGNITIVE FUNCTION**

**EXPERTS AGREE...**



**Global Council on  
Brain Health™**

A COLLABORATIVE FROM **AARP**

**The Brain Sleep Connection:** GCBH Recommendations on Sleep and Brain Health; [www.globalcouncilonbrainhealth.org](http://www.globalcouncilonbrainhealth.org)

**Contact:** Nick Barracca at [nbarracca@aarp.org](mailto:nbarracca@aarp.org)

For more brain health tips see [www.stayingsharp.org](http://www.stayingsharp.org)



For more information, email: [Research@flhealth.gov](mailto:Research@flhealth.gov)  
or Contact your local County Health Department.

Additional resources may also be found by visiting:

<http://www.floridahealth.gov/provider-and-partner-resources/research/HealthyBrainInitiative1/index.html>