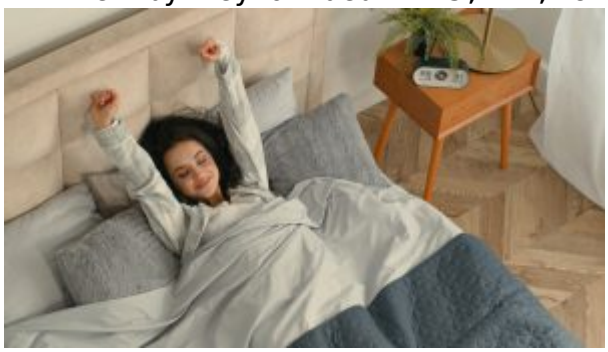
Leyla Weighs In: Sleep’s Critical Role in Brain Detoxification and Heart Health

written by Leyla Muedin MS, RD, CDN | June 19, 2026



Sleep deprivation can escalate your risk for Alzheimer’s and cardiovascular issues. “Leyla Weighs In” on the essential role of sleep and the glymphatic system in maintaining brain and heart health. Check it out!