



## The glymphatic system: Enhancing performance with optimal sleep



Perhaps by now, you've heard of the glymphatic system. Personally, I've seen it be a subject both popular media and medical journals are devoting more and more attention to. But, what exactly is the glymphatic system?

This may come as a bit of a surprise to learn, but it's your brain's other circulatory system. Yes, your brain has a second circulatory system! This newly discovered pathway is used to rid the brain of the byproducts of metabolism. Think of it as how the brain takes out the garbage. We're also now learning it's an important means for transporting important chemicals around the brain, like glucose and fatty acids.

Certainly, the performance of the glymphatic system is something we want to do, and it's a good thing we're seeing more research done to determine how to do this. One finding that seems to be sticking out: improving the quality of our sleep ends up improving the function of our glymphatic system. Let's explore that further in today's video.

And for tips on improving the quality of your sleep, and more of the latest sleep science, browse our focus page on sleep.

*This article originally appeared on Dr. Perlmutter's website.*