**Sleep TED Talks by Matthew Walker, PhD as of 10/02/2021**

1. Sleep is your superpower (posted May, 2019, < 20 mins)
2. Why sleep matters now more than ever (posted Apr 2020, 1 hour)
3. Sleeping with Science (series)
   1. A walk through the stages of sleep (posted Jul 2020, < 5 mins)
   2. How caffeine and alcohol affect your sleep (posted Jul 2020, < 5 mins)
   3. Hacking your memory - with sleep (posted Aug 2020, < 5 mins)
   4. What’s the connection between sleep and Alzheimer’s disease? (posted Aug 2020, < 5 mins)
   5. How sleep affects your emotions (posted Aug 2020, < 5 mins)
   6. How sleep can improve your immunity (posted Aug 2020, < 5 mins)
   7. How much sleep do you really need (posted Aug 2020, < 5 mins)
   8. 6 Tips for better sleep (posted Aug 2020, < 5 mins)

To view these, simply enter “TED Talk” and the title in your browser, e.g. “TED Talk Sleep is your superpower” and launch the video.

An audible version of the book “Why We Sleep” is also available and very user friendly.