**Outline**

Title: *What Even Is Sleep?*

* Sleep is death, or is it?
* Ye olden view on sleep
* Edison’s view on sleep – sleep is a waste of time (according to TED talk)
* Einstein – slept 10 hours each night (SOURCE: Campbell County Health. (2022, september 1st). *Sleeping Like A Genius*. <https://www.cchwyo.org/news/2022/september/sleeping-like-a-genius/> )
* The theories of sleep
  + Restoration – would save 110 calories, says the guy
  + Energy Conservation
  + Processing & Memory Consolidation
* What happens during sleep
  + We don’t know, but it is *something* (deathn’t)
* Why we sleep
  + Benefits
  + Dangers
  + Unihemispheric sleep (d’s & d’s)
* The consensus:
  + Nobody knows
  + Research is en route
  + Old stigmas around sleep are being broken down