Weill Cornell Medicine

Community Health Series

Tuesday
November 3, 2026
5:00 p.m. – 6:00 p.m.
Virtual Seminar

The Science of Sleep: Understanding Sleep and Its Impact on Your Health

Sleep is essential to both physical and mental wellbeing, influencing brain function, heart health, immune function, mood and overall quality of life. Sleep difficulties are common and can have meaningful consequences for both daily life and long-term health.

This discussion will explore the science of sleep and why quality rest is important. This session will cover how sleep affects the brain and body, the connection between sleep and mental health, common sleep disorders and warning signs, healthy sleep habits, and when it may be time to seek professional care.

Presenters:



Janna Gordon-Elliot, M.D.
Associate Professor of Clinical Psychiatry
Weill Cornell Medicine



Masrai Williams, M.D.
Assistant Professor of Clinical Neurology
Weill Cornell Medicine

This seminar is FREE and open to the public.
Registration is required for Zoom information.

To register, visit **bit.ly/WCMSleepScience** or scan QR code: