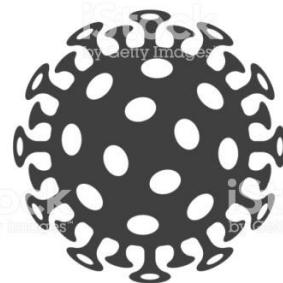


ROBIN WOLPERT, J.D., Ph.D.

**NEUROSCIENCE,
WELL-BEING &
ETHICS**

TENNESSEE BOARD
OF PROFESSIONAL
RESPONSIBILITY



CORONAVIRUS
(Novel Coronavirus)



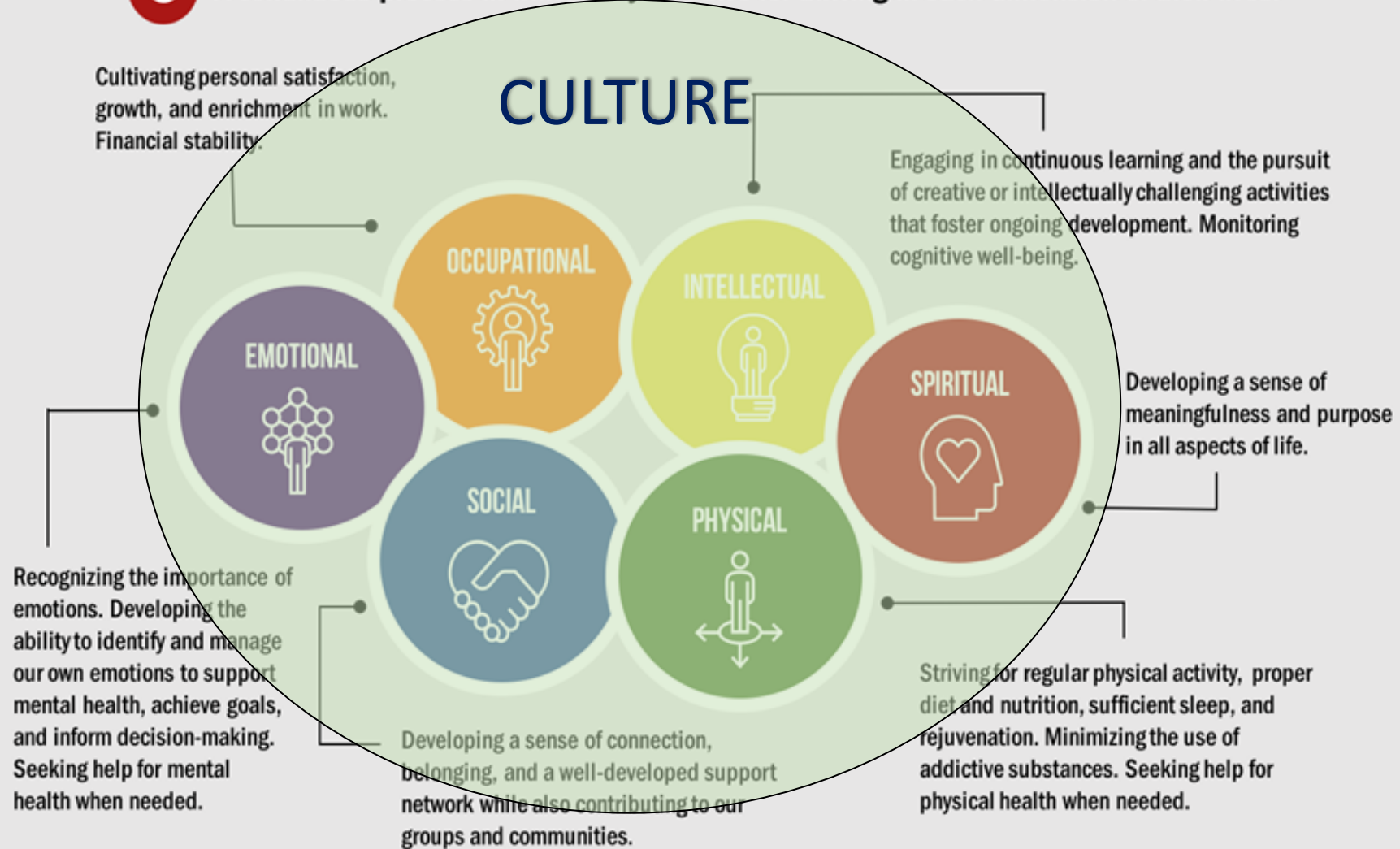




The whole profession
feels the impact



A continuous process in which lawyers strive for thriving in each dimension of their lives:





Sleep + Oxytocin



THE NEW YORK TIMES BESTSELLER

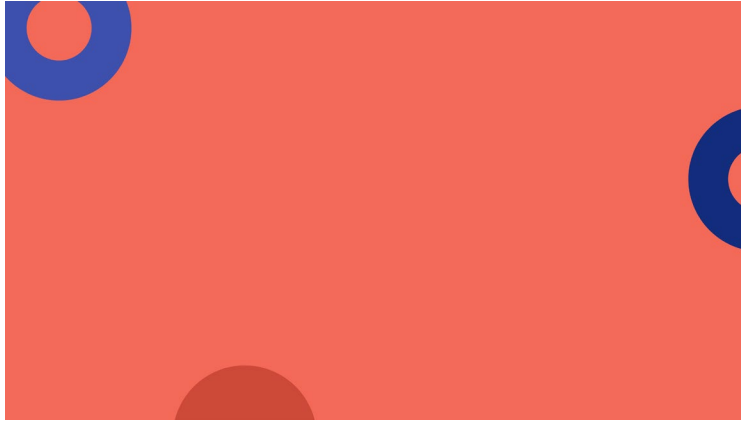
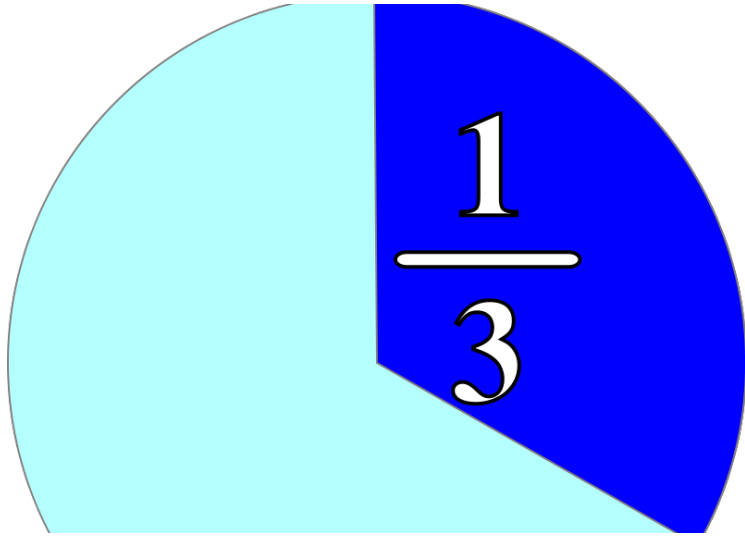


Why We Sleep

UNLOCKING THE
POWER OF SLEEP
AND DREAMS

Matthew Walker, PhD

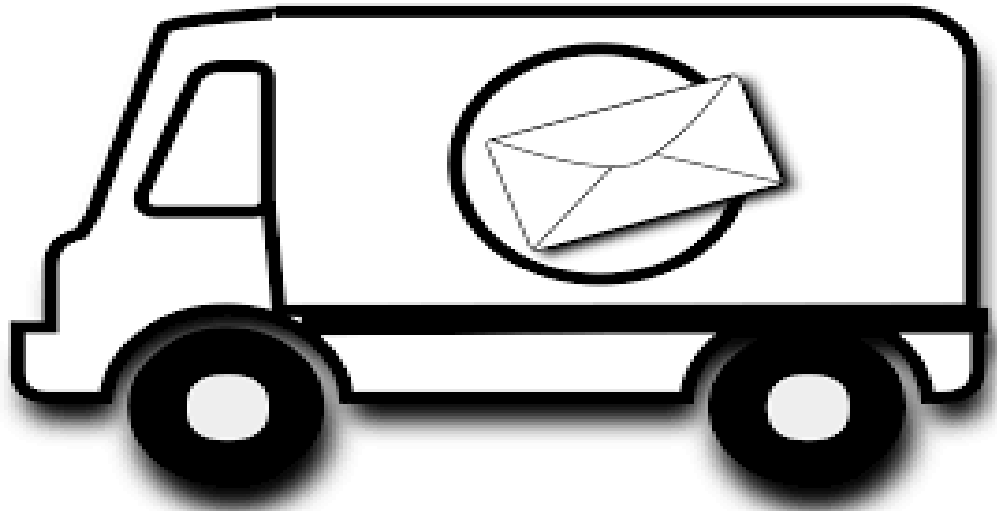
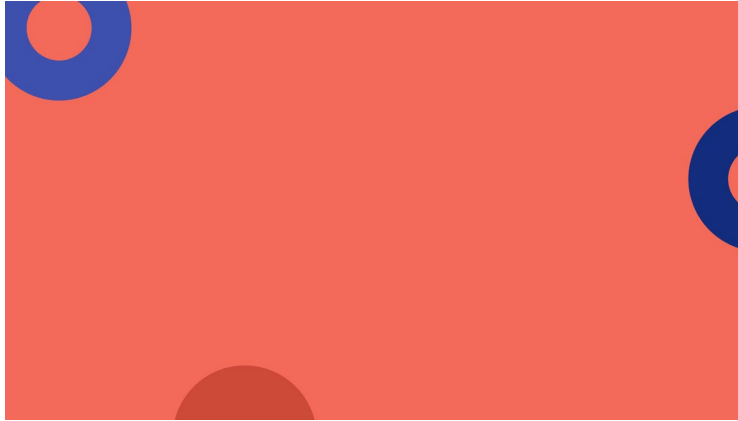
*"It looks like a primer... recommended for night owls looking to do
more productive work."* —The New York Times Book Review





Sleep and Memory

- Sleep is a memory aid—
 - before learning, to prepare your brain to make new memories
 - after learning, to cement those memories and prevent forgetting.



NREM sleep

moves memory packets of recent experiences from a short-term, more fragile storage area to a safer long-term storage site



REM sleep

Creates and strengthens neural connections

- Wisdom and creativity
- Emotional intelligence
- Dissolves emotional sting of events

Failure Point For Humans

- The recycle rate of a human being is around 16 hours.
- After 16 hours of being awake, the brain begins to fail.
- We need more than seven hours of sleep each night to maintain cognitive performance.



The brain is not like a bank

The brain can never
recover the sleep it has
missed

*The brain is incapable of
this*



Your brain without sleep

- If we sleep seven hours per day for just 10 days, the brain is just as dysfunctional as it would be after going without sleep for 24 hours
- Getting three full nights of recovery sleep is insufficient to restore performance back to normal levels.



Physical Health

- Dementia
- Alzheimer's
- Cardiovascular disease, stroke, stress, anxiety
- Immune system
- Cancer
- Type 2 diabetes, weight
- Genetic profile

Alcohol

- Alcohol is a sedative
- It disrupts sleep.
- It does not induce natural sleep.
- One of the most powerful suppressors of REM sleep.
- Consuming moderate amounts in the afternoon or evening reduce REM sleep



Driving

- Vehicular accidents caused by drowsy driving exceed those cause by alcohol and drugs combined.
- Sleep deprivation slows your reaction time and *makes you stop responding all together.*
- That's why drowsy driving is worse than driving drunk.

Caffeine

- Sleep pressure is determined by your circadian rhythm and sleep pressure (build up of adenosine)
- Artificially mute the adenosine sleep signal by using caffeine
- Caffeine has an average half-life of 5-7 hours—so early afternoon coffee impacts sleep



Led Lights

- LED lights disrupt our sleep.
- Winds back our internal 24-hour clock by two to three hours, on average.
- Using LED devices at night such as iPads, phones, and computers disrupts our natural sleep rhythms and hurts the quality and quantity of our sleep



Mental Health

- Sleep disruption contributes to all major psychiatric conditions, including depression, anxiety, and suicidality.
- Sleep disturbance is a recognized hallmark associated with addictive substance abuse.
- Insufficient sleep also determines relapse rates in numerous addiction disorders.



Anxiety, Stigma and Ethics

- Anxiety = increased perception of threat, acting rashly, self-preservation
- Our inner conflict:
 - Maintain positive self-image and behave ethically, or
 - Advance our self-interest and behave unethically.
- Anxiety = ethical sinkhole

Sleep Strategies

- Stick to a sleep schedule and go to bed and wake up at the same time each day—regularity!
- No naps if you struggle to fall asleep
- Try to exercise no later than two to three hours before your bedtime.
- Avoid caffeine and nicotine.
- Avoid alcoholic drinks before bed because this will rob you of REM sleep and make you frequently wake up in the middle of the night.



Sleep Strategies

- Avoid large meals and beverages late at night, which can interfere with sleep.
- If possible, avoid medications that delay or disrupt sleep.
- Don't take naps after 3:00 p.m. because it makes it harder to fall asleep at night.
- Sleep in a dark, cool, gadget-free bedroom—65 degrees.
- Avoid sleeping pills!
- Avoid LED devices
- Consider “sleep divorce.”





Matthew Walker:

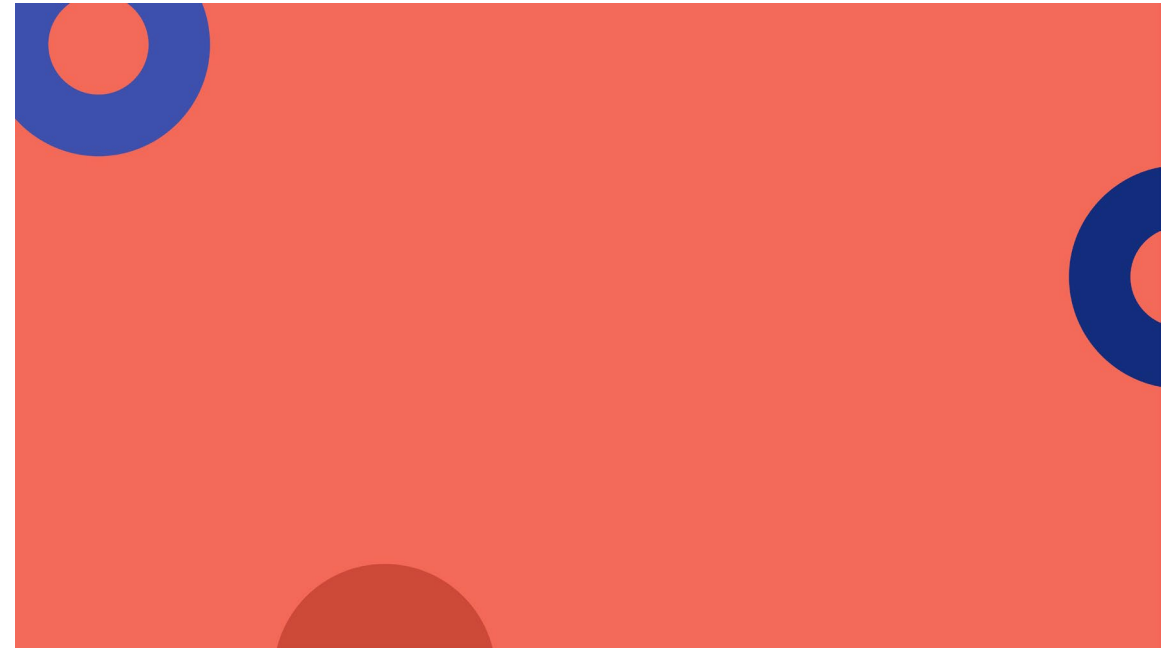
“Sleep is the single most effective thing we can do to reset our brain and body health each day.”



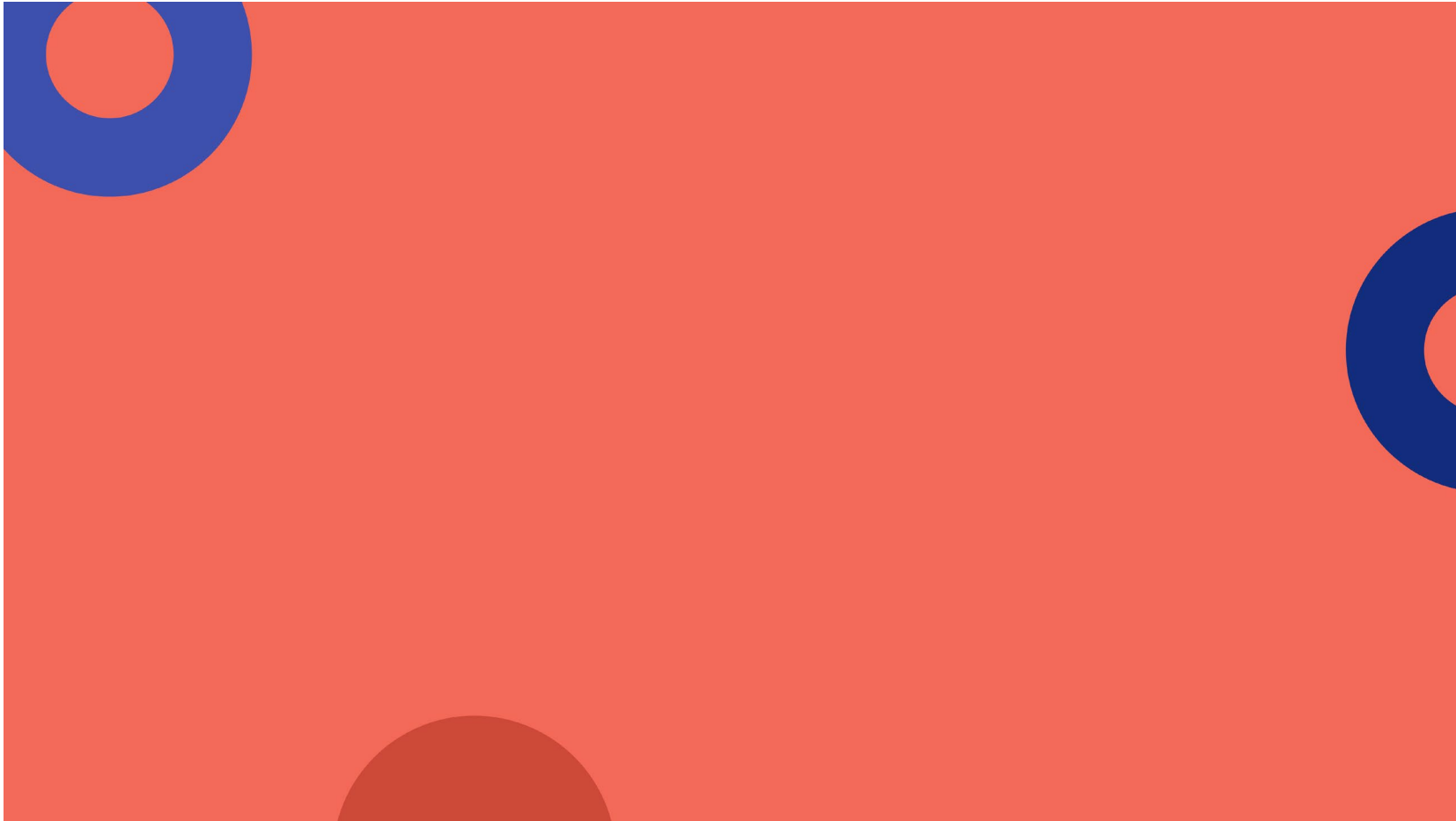
Sleep loss epidemic

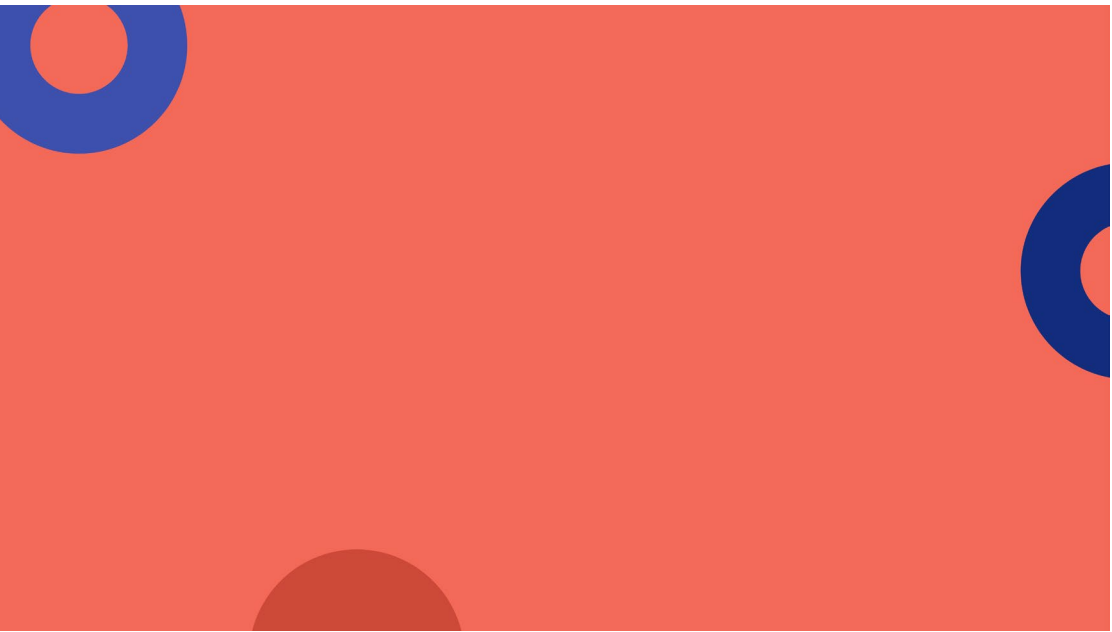
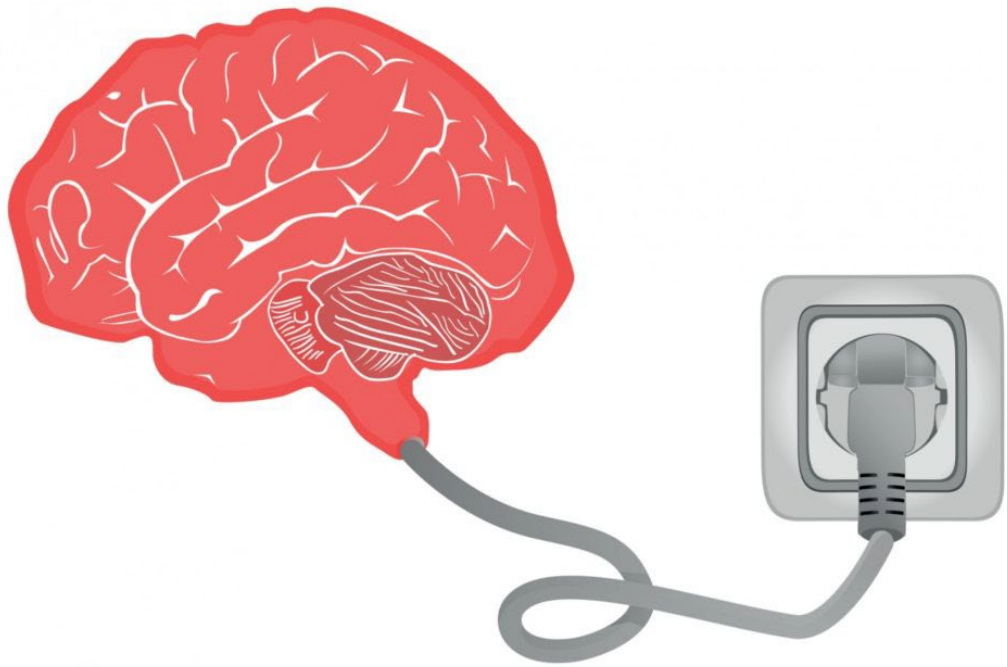


**World Health
Organization**



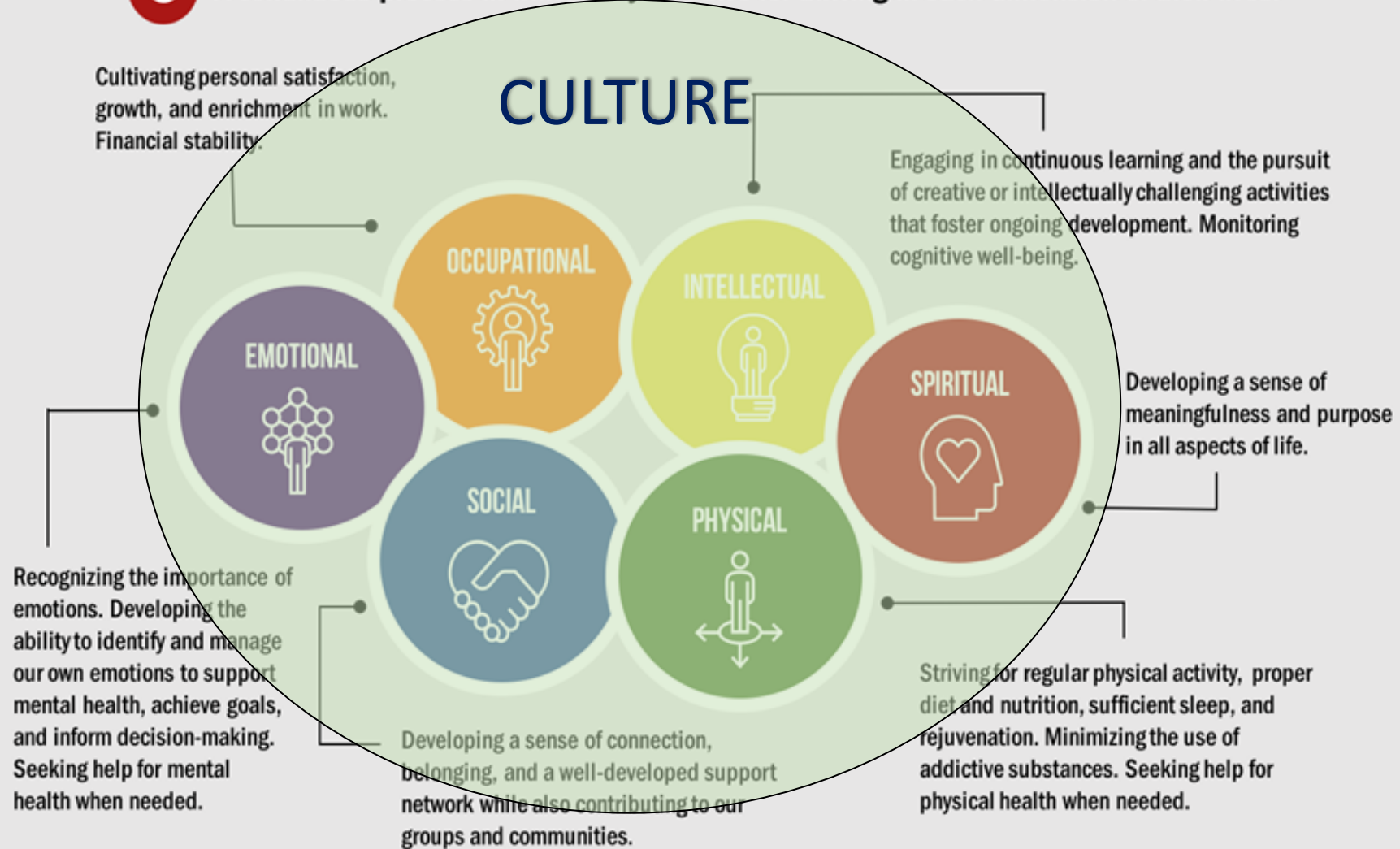
The shorter you sleep, the shorter your life

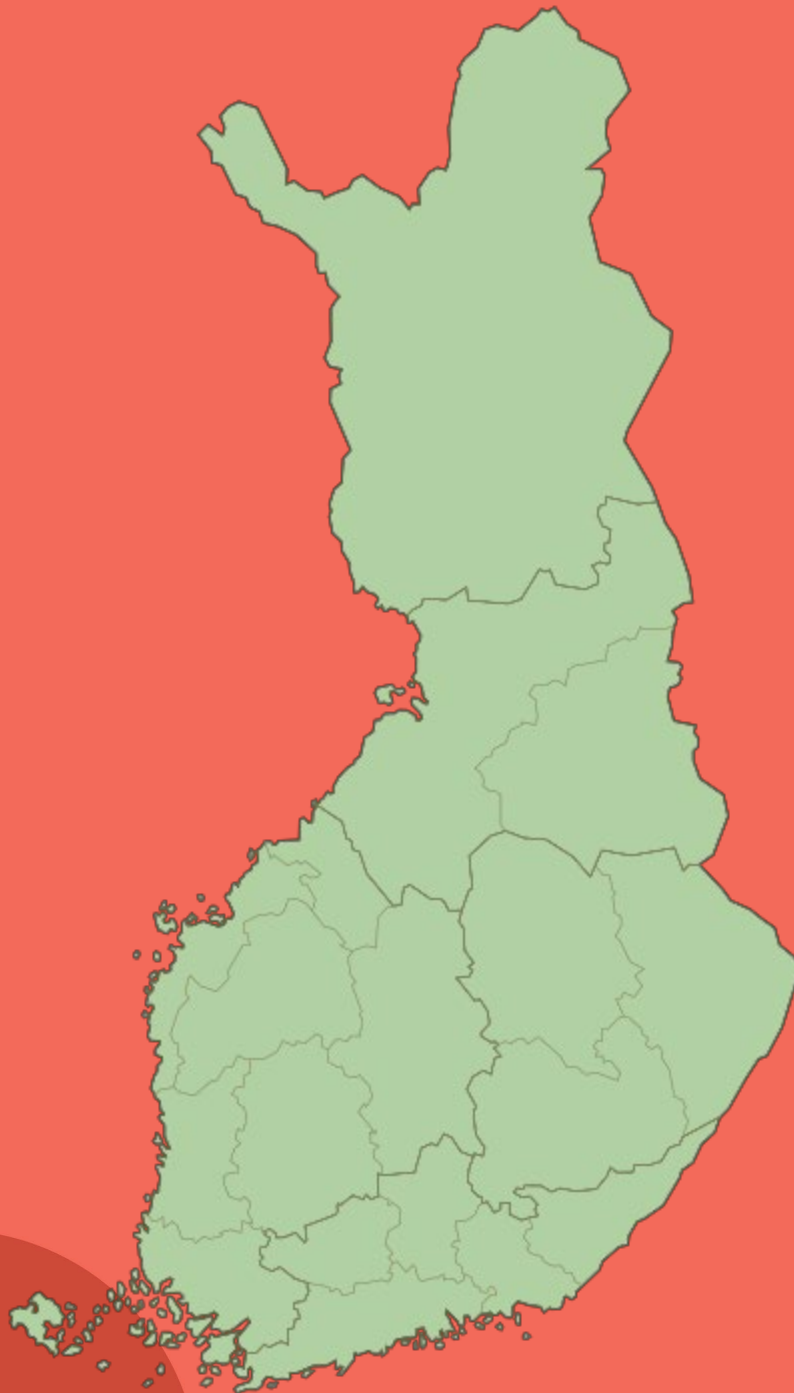
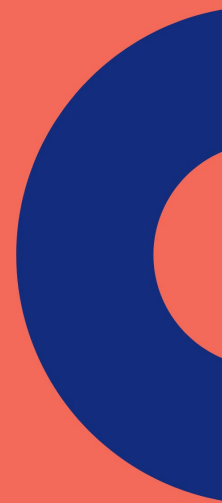
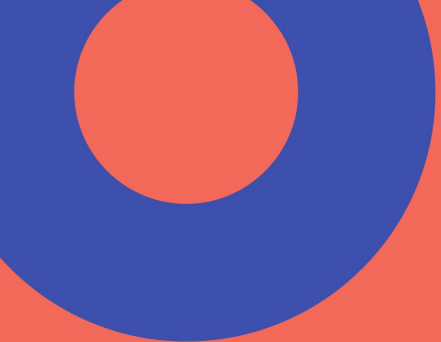






A continuous process in which lawyers strive for thriving in each dimension of their lives:



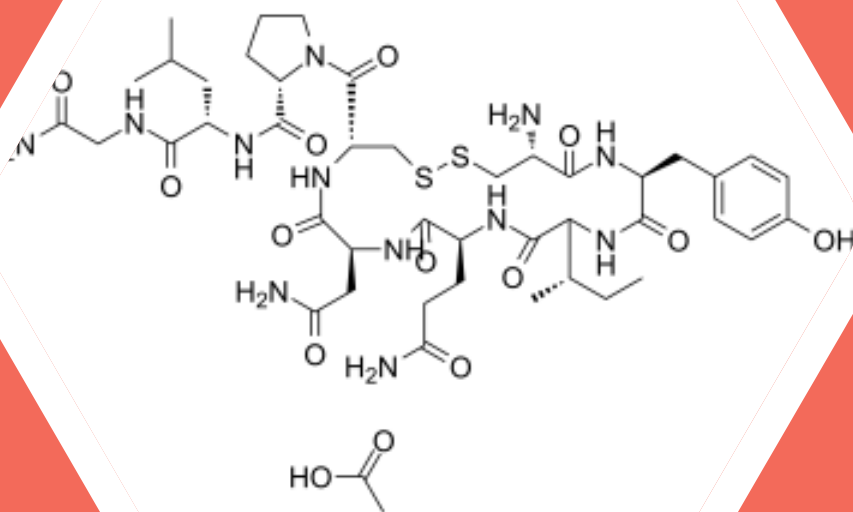




World Happiness Report

Trust begets trust

This is how your brain
works

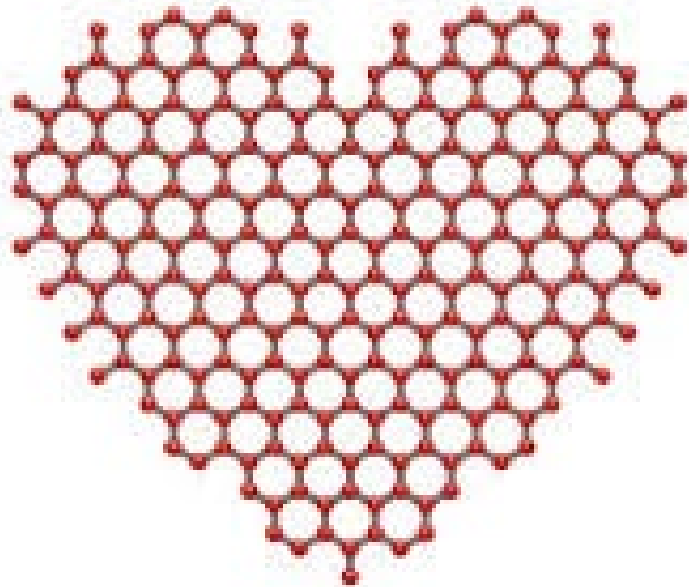




OXYTOCIN

"PHILOSOPHY, ECONOMICS, AND BIOLOGY
HAVE RARELY BEEN SO ENTERTAINING."
—MATT RIDLEY, AUTHOR OF *GENOME*

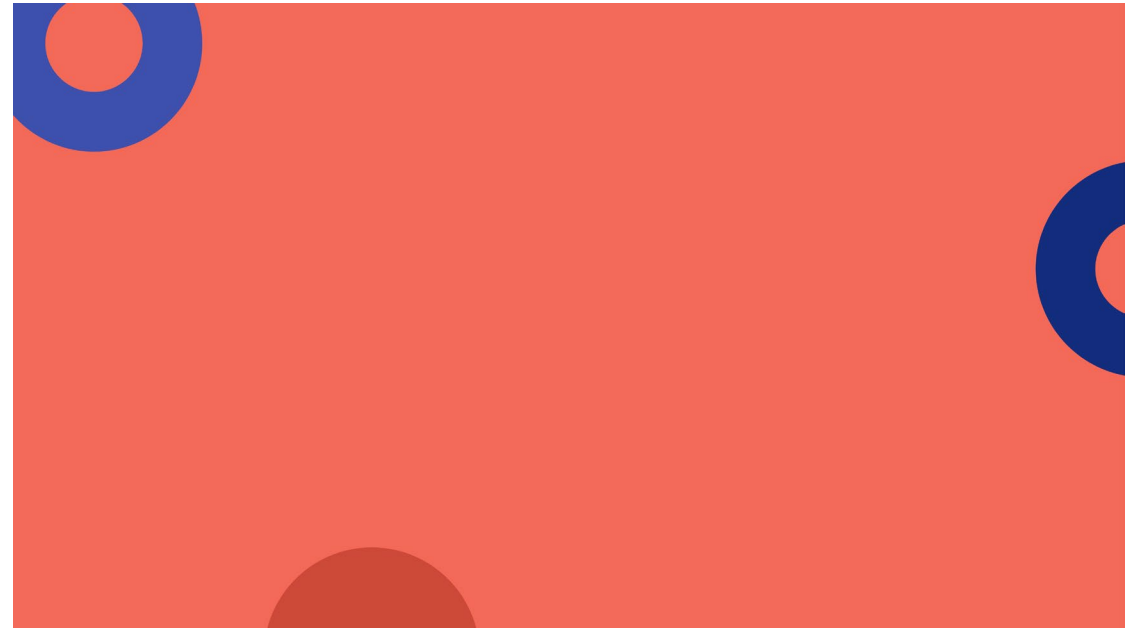
THE MORAL

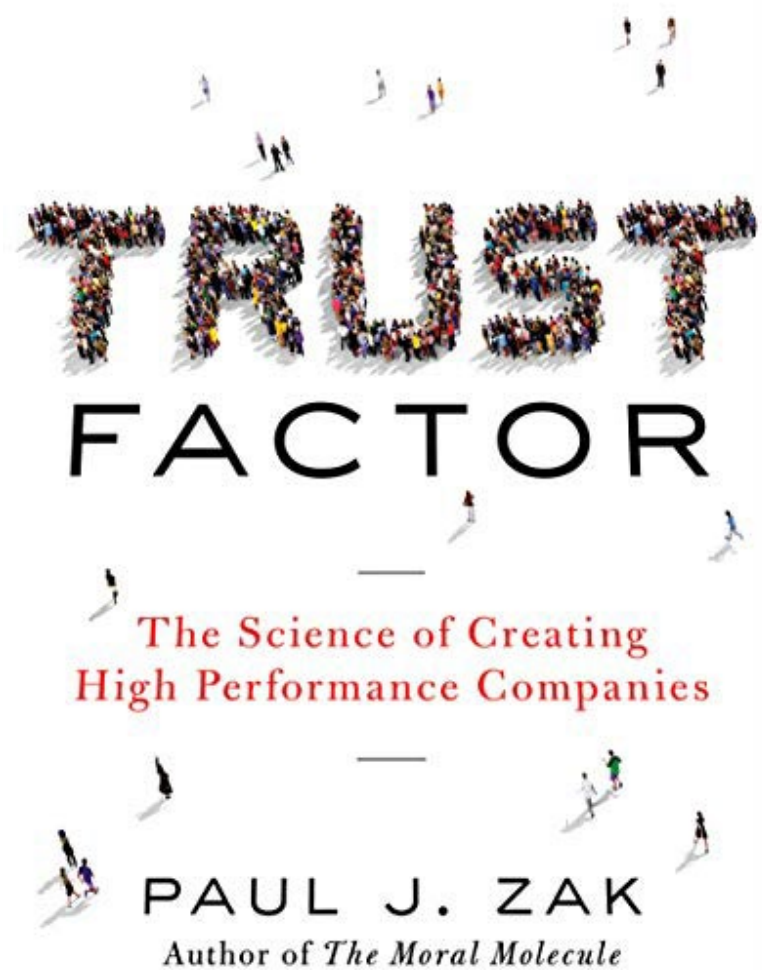
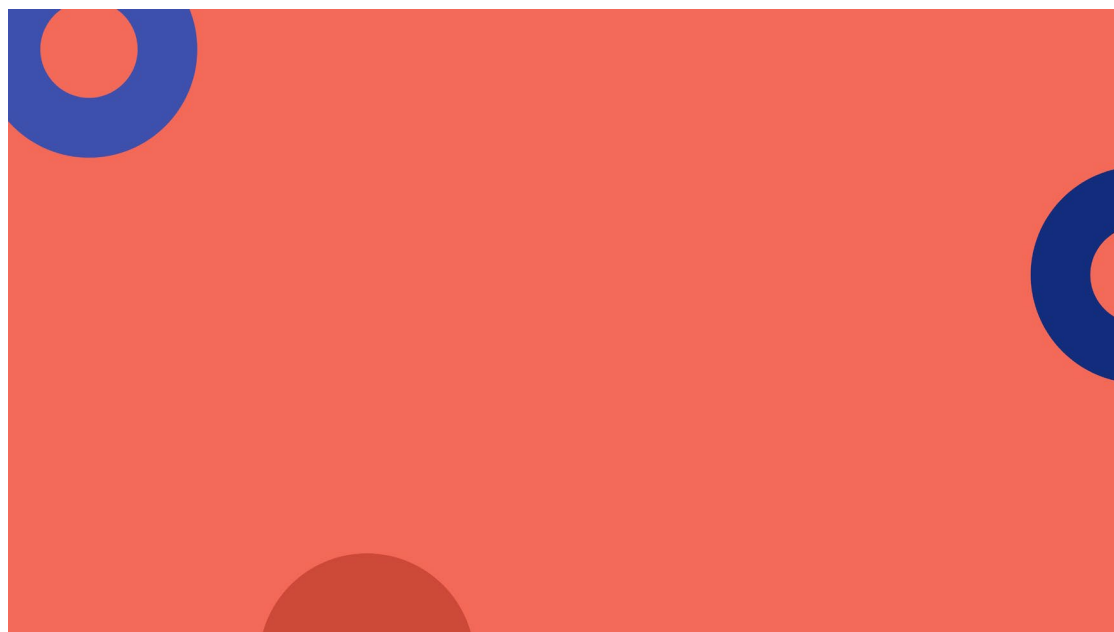


MOLECULE

HOW TRUST WORKS

PAUL J. ZAK





OXYTOCIN

- When someone trusts you...
- When you are extended trust...
- This is the basis of
THE GOLDEN RULE



OXYTOCIN

- Enhances empathy
- Literally can walk in another's shoes
- Treat others like family

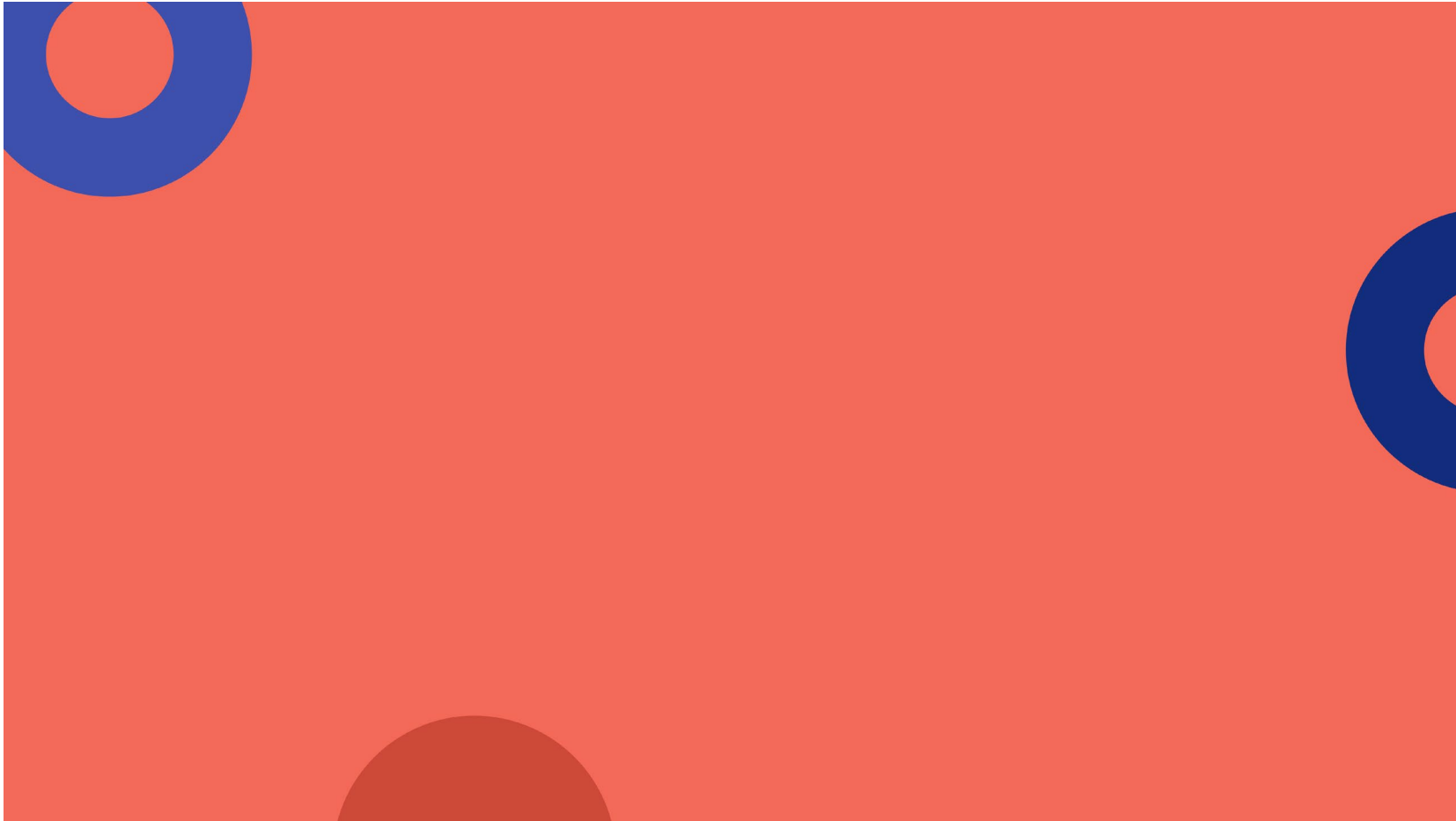


OXYTOCIN

- Makes us feel good to be part of a team, organization, group
- Brain rewards us for cooperation

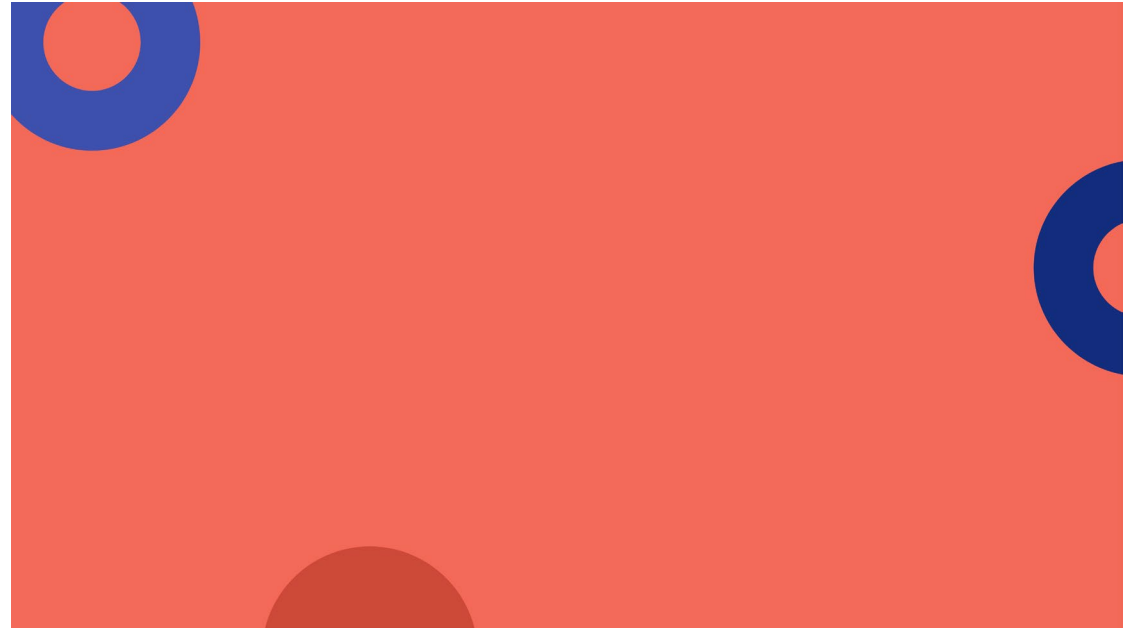


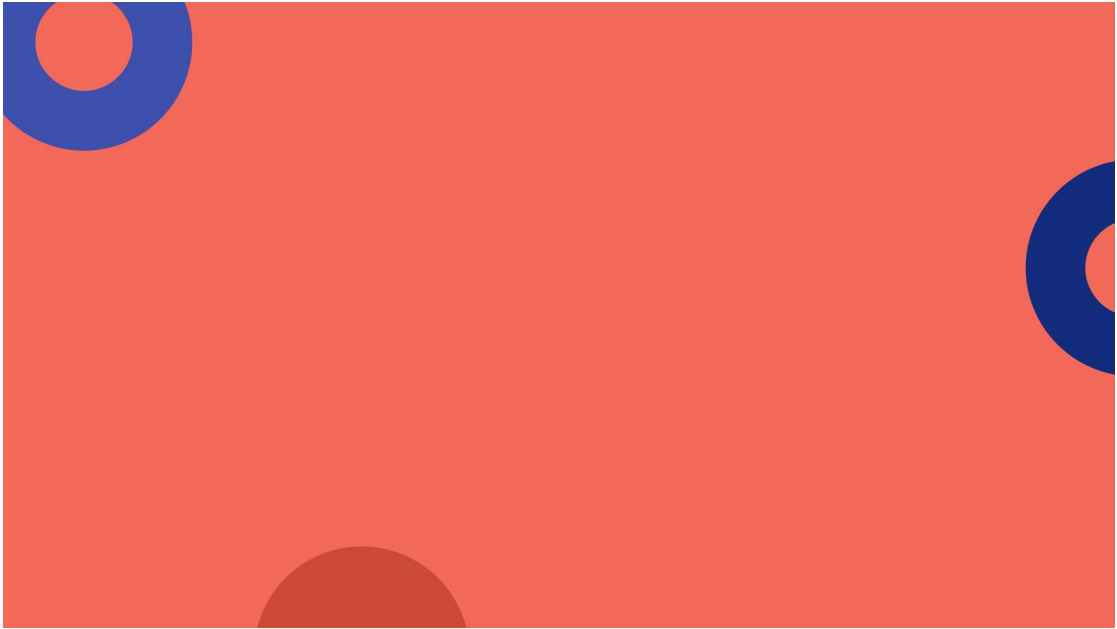
Inhibitors...high stress + testosterone

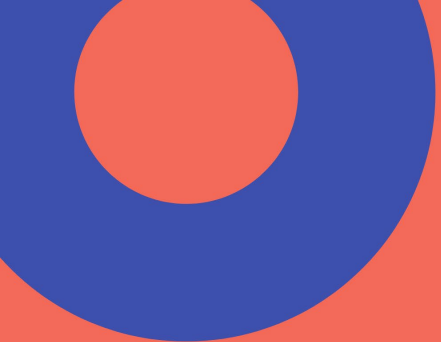


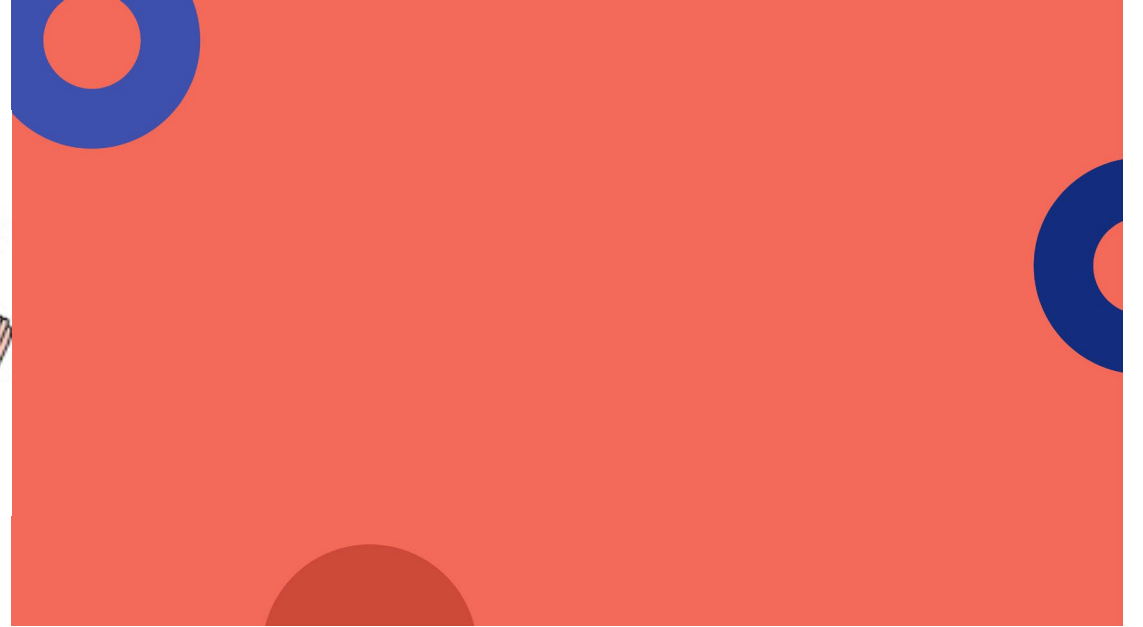
Brain hacks

interrupt











Neuro- management

Design Culture

- Oxytocin
- Trust
- Purpose
- Engagement and service
- Joy
- Performance



ovation

- Recognizes colleagues who contribute to successes (and mistakes)
- Accounts for 67 percent of organizational trust

expectation

- Occurs when colleagues face a challenge as a group
- Accounts for 83 percent of organizational trust

yield

- Occurs when colleagues choose how to do a project
- Accounts for 51 percent of organizational trust



transfer

- Transfer enables self-management by permitting colleagues to craft their own jobs
- Accounts for 82 percent of organizational trust



openness

- Openness shares information broadly with colleagues
- Accounts for 65 percent of organizational trust



caring

- Intentionally building relationships with colleagues
- Accounts for 84 percent of organizational trust

authentic

- Leaders are honest and vulnerable
- Accounts for 82 percent of organizational trust



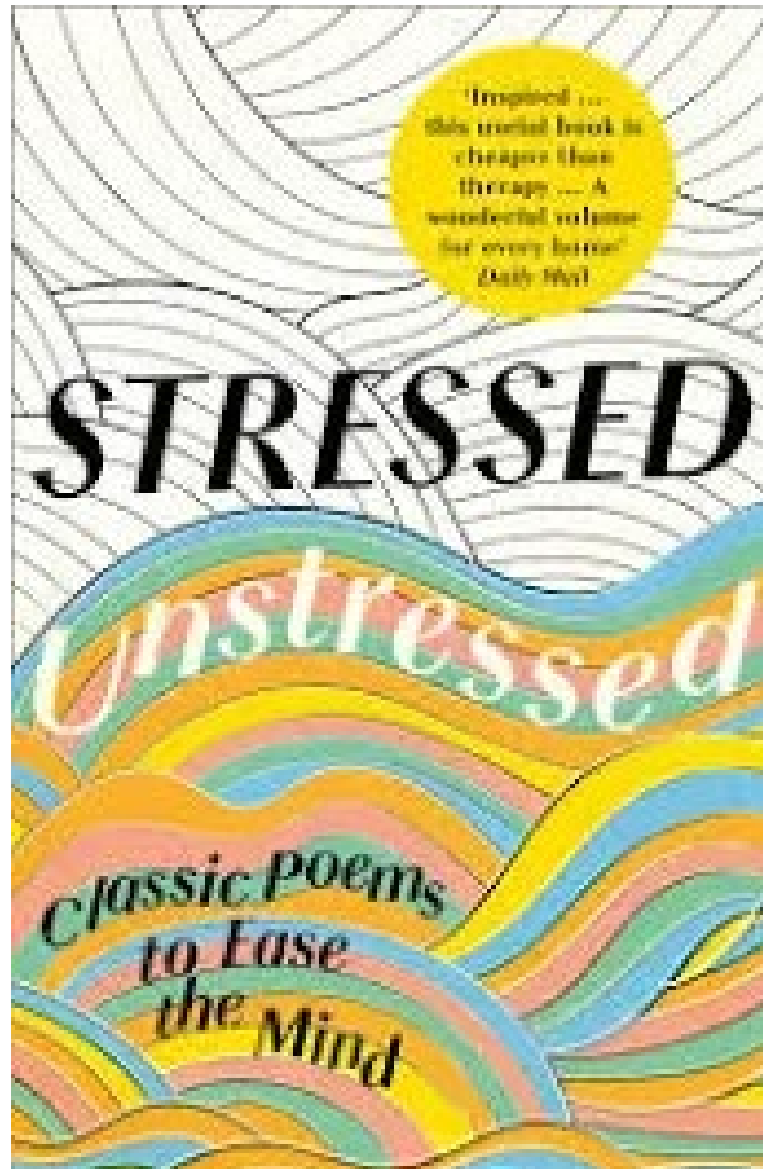
The background is a solid light orange color. It features several large, semi-transparent decorative circles. In the top left corner, there is a blue circle with a white center. In the top right corner, there is a blue circle with a white center. In the bottom left corner, there is a solid orange circle. In the bottom right corner, there is a solid orange circle.

Poetry + Flourishing

... of the
...ureateship has been
...ennyson, Robert Bridges (c.
1930). The 18th cent.,
expected to write odes for royal
other court occasions.

Poetry

labelling an object which
melody, instead of m
hearer a symbol; wh
or attitude. This can
and verse, which are
handling the rhythm
contrasted not
...natively



Poetry

- Heart rate
- Positive emotion
- Engagement and flow experiences
- Social relationships
- Meaning or purpose in life



THANK YOU!

Robin Wolpert, J.D., Ph.D.

Sapientia Law Group

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