**Sleep 8 Hours**

During deep night sleep amyloid production is turned down. In addition to less plaque forming, the brain cleans itself out.

**Handle Stress**

Take 10 minutes a day to meditate, take a walk, or do something else that relaxes you.

**Interact With Others**

Loneliness causes stress that can lead to chemical changes in the brain that kills nerve cells. Speaking with people involves nerve activity that strengthens the brain.

**Exercise**

Walking 8,000-10,000 steps per day reduces pathology leading to Alzheimer’s and helps grow new nerve cells.

**Learn New Things**

Learning something new strengthens the connections between nerve cells called synapses and provides cognitive reserve.

**Diet**

Nothing is better for the brain than the Mediterranean diet. Eat less red meat and more fruits, nuts, and vegetables.