

Good News

from the University of Rochester Medical Center and UR Medicine

Stories for the health of our community.



What happens to your body when you sleep and how to improve sleep quality

While we're fast asleep, our brains and bodies reset and rejuvenate, improving various aspects of health and reducing the risk of certain diseases. Elizabeth Nocera, DO, a sleep medicine fellow with UR Medicine Comprehensive Sleep Center, explains this process. Plus, she offers steps to help you make restful nights a priority.

[Learn more »](#)



Preparing the next generation of nurses

Faculty, staff, students, and alumni share how the School of Nursing's commitment to academic innovation is redefining and transforming nursing education to prepare students for successful health care careers.

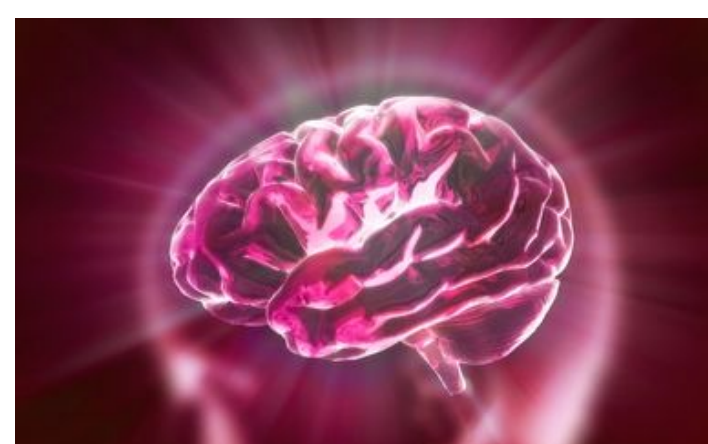
[Learn more »](#)



URMC is making a difference for those with IDD. But what does that mean?

Intellectual and Developmental Disabilities (IDD) impact over 8 million Americans. But what exactly is an IDD? Learn about the range of intellectual and developmental disabilities and URMC's efforts in understanding, improving, and providing specialized care.

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Study reveals brain fluid dynamics as key to migraine mysteries, new therapies

New research describes for the first time how a spreading wave of disruption and the flow of fluid in the brain triggers headaches, detailing the connection between the neurological symptoms associated with aura and the migraine that follows.

[Learn more »](#)



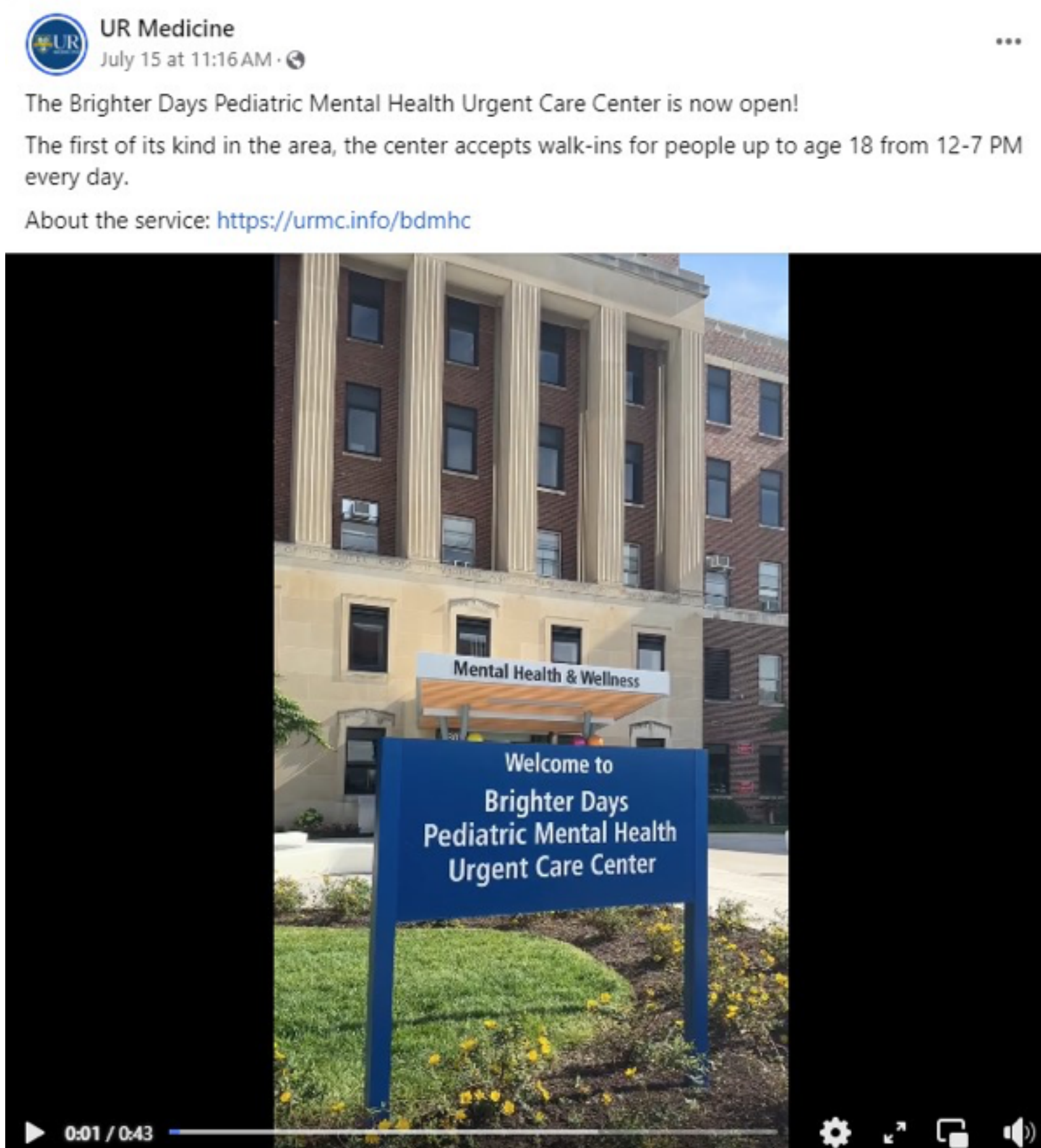
Wilmot Warrior Weekend

Now is the time to inspire and motivate your friends, family, and colleagues in the fight against cancer at the 2024 Warrior Weekend, September 21–22, the premier charity event offering cycling, a walk, and a run in New York's Finger Lakes region. Early bird registration is available through the end of July.

Follow our [newsletter](#) on [Substack](#) for updates, stories, and all things Wilmot Warrior Weekend. Together, we can leave cancer in the dust!

[Register today »](#)

Social media highlight



The new Brighter Days Pediatric Mental Health Urgent Care Center will [help children get immediate mental health care](#) and avoid trips to the ED.



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