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Reference Materials

Title: **Sleep and Cognitive Decline: A Strong Bidirectional Relationship. It Is Time for Specific Recommendations on Routine Assessment and the Management of Sleep Disorders in Patients with Mild Cognitive Impairment and Dementia**

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Year: July 4, 2015

Publisher: European Neurology

Link: <https://www.karger.com/Article/Fulltext/434629>

Abstract:

Background

Sleep disturbances and disruption of the neural regulation of the sleep-wake rhythm appear to be involved in the cellular and molecular mechanisms of cognitive decline.

Although sleep problems are highly prevalent in mild cognitive impairment (MCI) and many types of dementia, they have not been systematically investigated in the clinical setting and are often only investigated by sleep specialists upon individual request.

Summary

This review discusses sleep disorders in the context of cognitive decline and provides an overview of the clinical diagnosis and management of these disorders in patients with dementia and MCI.

Key Messages

Sleep disorders are largely underestimated and do not receive sufficient attention in the global management of dementia patients. Sleep disturbances have a significant impact on cognitive and physical functions in individuals with cognitive decline and may be associated with important psychological distress and depression. They are positively associated with the severity of behavioral problems and cognitive impairment.

Conclusion:

Sleep disturbances have a significant impact on cognitive and physical functions in individuals with cognitive decline and may be associated with important psychological distress and depression. They are positively associated with the severity of behavioral problems and cognitive impairment.

Despite the strong association between sleep disorders and cognitive and functional deterioration, there is very little clinical data on this relationship. The latest evidence suggests that if sleep disorders are accurately diagnosed in the prodromal stage of dementia, appropriate treatments can be administered early on, and clinical and functional impairment may be delayed. These findings underscore the importance of collaboration between sleep experts, neurologists and researchers involved in the study of cognitive decline and dementias to expand our knowledge of this obscure field. As Prof. J. McKinley wrote, 'when we try to encourage a good night's sleep for our patients, perhaps we are doing them more good than we thought'.