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Reference Materials

Title: **Midlife Sleep Characteristics Associated with Late Life Cognitive Function**

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Abstract:

Study Objectives:

Previous studies with limited follow-up times have suggested that sleep-related traits are associated with an increased risk of incident dementia or cognitive decline. We investigated the association between midlife sleep characteristics and late life cognitive function.

Design:

A follow-up study with a median follow-up time of 22.5 (range 15.8-25.7) years assessing the association between midlife sleep characteristics and later cognitive function.

Setting:

Questionnaire data from 1981 were used in the assessment of sleep characteristics, use of hypnotics, and covariates at baseline. Between 1999 and 2007, participants were assigned a linear cognitive score with a maximum score of 51 based on a telephone interview (mean score 38.3, SD 6.1). Linear regression analyses were controlled for age, sex, education, ApoE genotype, and follow-up time.

Participants:

2,336 members of the Finnish Twin cohort who were at least 65 years of age.

Keywords: Cognition, sleep, hypnotics and sedatives, risk factors, cohort studies

Conclusions

This is the first study indicating that midlife sleep length, sleep quality, and use of hypnotics are associated with late life cognitive function.

Further confirmation is needed, but sleep-related characteristics may emerge as new risk factors for cognitive impairment.