

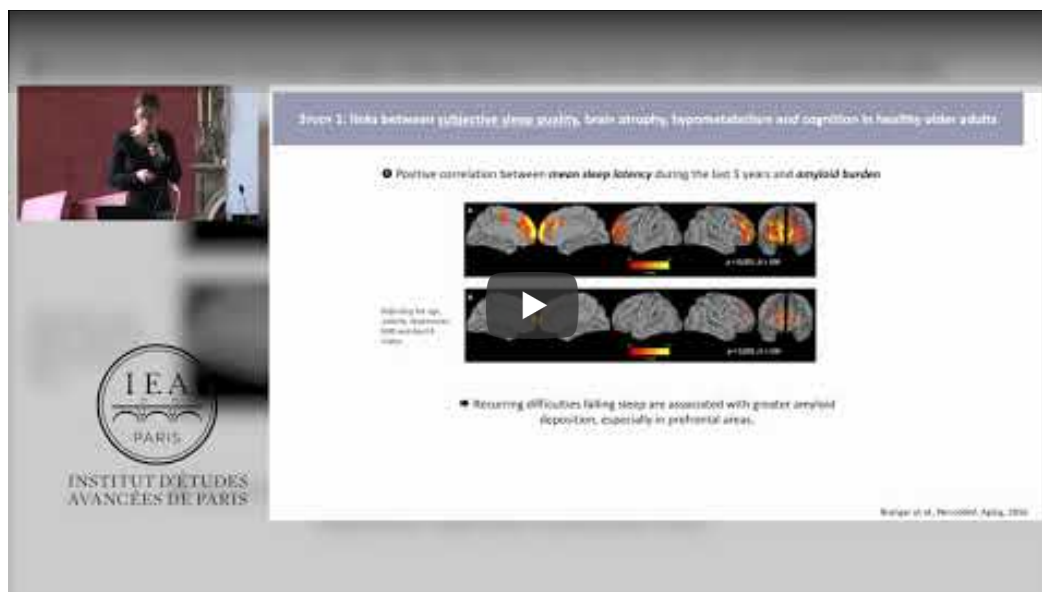
Sleep Quality, Cognition and Aging

Rauchs, Géraldine

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ABSTRACT

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Sleep 1: links between subjective sleep quality, brain atrophy, hypometabolism and cognition in healthy older adults.

- Positive correlation between mean sleep latency during the last 5 years and amyloid burden
- Recurring difficulties falling asleep are associated with greater amyloid deposition, especially in prefrontal areas.

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Wang et al., Neurobiol. Aging, 2019

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