

Sleep Quality, Cognition and Aging

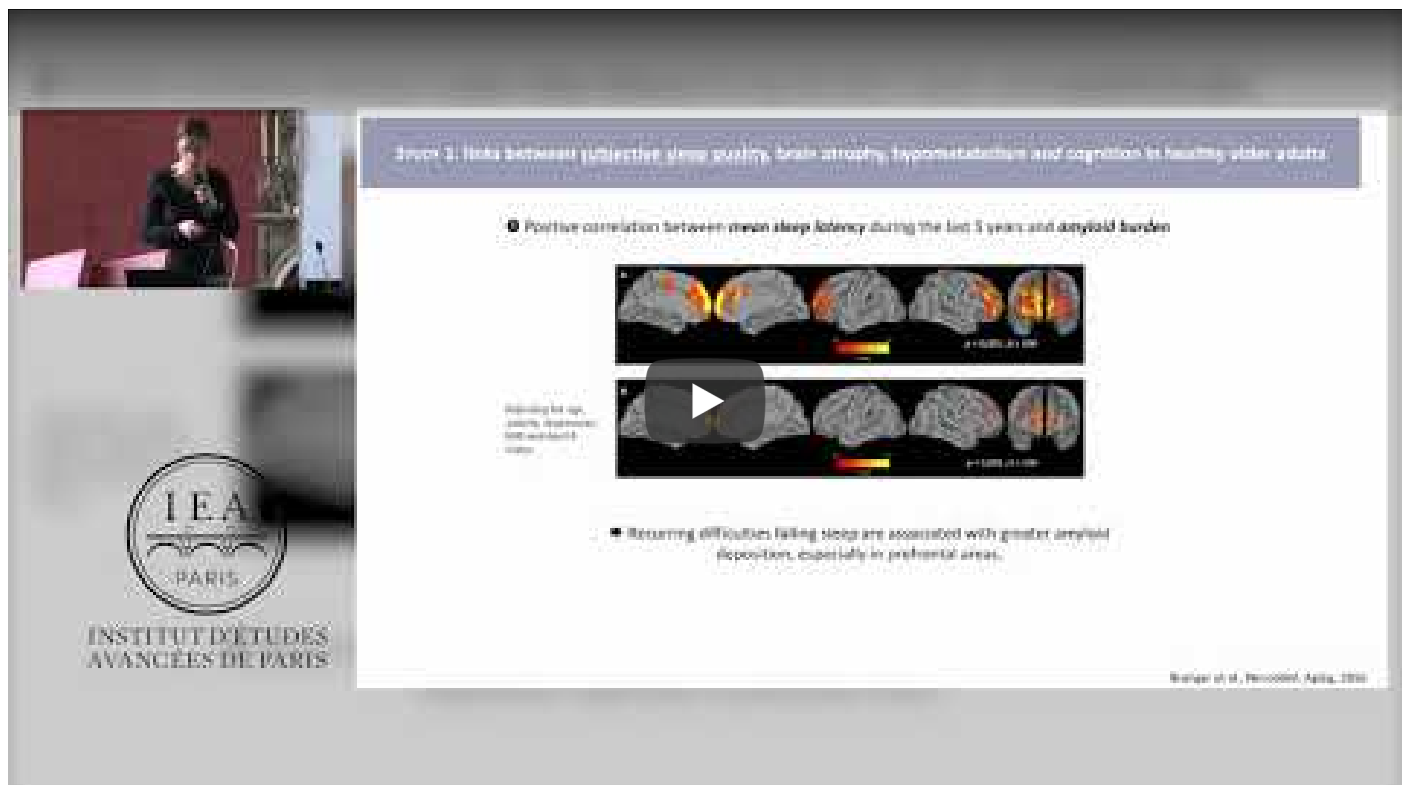
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ABSTRACT

Presentation in the International conference "Sleep and Memory" organized by Itzhak Fried (UCLA / University of Tel-Aviv) on June 6-7, 2019, at the Paris Institute for Advanced Study, as part of the "Brain, Culture and Society" program



Slide 2: 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 dayfield burden
- Brain atrophy, hypometabolism and cognitive decline
- Recurring difficulties falling asleep are associated with greater amyloid deposition, especially in prefrontal areas.

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Barbeau et al., Permeated, Aging, 2019

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