**This sleeping habit is an early warning sign of Alzheimer’s – do YOU do this?**

**PEOPLE who sleep for this many hours are more likely to develop the progressive brain disease.**

**By**[**Laura Mitchell**](http://www.dailystar.co.uk/journalists/laura-mitchell)/**Published 27th February 2017**

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SNOOZE: If you sleep for more than nine hours a night it could be a sign of Alzheimer's

Oversleeping could be an early symptom of Alzheimer's disease, according to new research.

Scientists have discovered that people who like a lie-in are more likely to develop the progressive brain disease.

In fact, people who sleep for nine hours or more are twice as likely to develop Alzheimer’s, according to the figures.

But scientists believe the inability to get out of bed may be a symptom rather than a cause of Alzheimer's.

Therefore, reducing your hours of slumber is not likely to reduce your risk of developing the common cause of dementia.

Researchers from Boston University Medical Center found people who consistently slept for more than nine hours each night were twice as likely to develop Alzheimer’s, than those who slept for less than nine hours.

Lead author Dr Matthew Pase said: “Self-reported sleep duration may be a useful clinical tool to help predict persons at risk of progressing to clinical dementia within 10 years.

“Persons reporting long sleep time may warrant assessment and monitoring for problems with thinking and memory.”GETTY

ALZHEIMER: Needing more sleep could be a symptom of the brain disease

Education also seems to play a role as participants without a high-school degree who slept for more than nine hours were six times more likely to get Alzheimer’s.

These findings come from the Framingham Heart Study, a major US investigation into heart disease risk factors.

More than 2,400 patients enrolled in the study – which was published in the journal Neurology – and the findings were based on data collected over a period of 10 years.

By the end of the study a total of 234 cases of dementia were recorded over the follow-up period. And longer hours in bed was also associated with smaller brain volume.

Dr Rosa Sancho, from Alzheimer's Research UK, said: “While unusual sleep patterns are common for people with dementia, this study adds to existing research suggesting that changes in sleep could be apparent long before symptoms like memory loss start to show.

**“Unusual sleep patterns are common for people with dementia”**

**Dr Rosa Sancho, from Alzheimer's Research UK**

“Other studies have indicated a link between changes in sleep quality and the onset of dementia, and while this wasn't measured in this study, it could be an important factor affecting sleep duration.

“Understanding more about how sleep is affected by dementia could one day help doctors to identify those who are at risk of developing the condition. This study used self-reported sleep information, which is not always reliable, so larger studies looking at a number of sleep-related factors will be needed to better understand this link.”

Another study has found that developing rambling speech may be an early indication of mild cognitive impairment (MCI), which can lead to Alzheimer's.GETTY

EMOTIONAL: Feeling depressed can be an early warning sign of the condition

**How to recognise the**[**symptoms of Alzheimer’s disease**](http://www.dailystar.co.uk/real-life/571265/Alzheimer-s-Disease-symptoms-do-I-have-dementia-memory-loss-confusion)**?**

It is estimated that around 85,000 people suffer with Alzheimer’s disease in the UK alone. And this is set to rise to more than one million cases by 2025, according to the Alzheimer’s Society.

Despite the number of people suffering with the disease, relatively little is know about it. And while memory loss and disorientation are two of the most common symptoms, there are plenty of other early warning signs.

Here we reveal five surprising symptoms that warn of its development:

**1.** Frequently falling or tripping up

**2**. [Suffering from depression](http://www.dailystar.co.uk/health/569605/Depression-symptoms-diagnosis-treatment-have-I-got-depression)

**3.** Anti-social behaviour

**4.** Change in diet/weight loss

**5.** Unfocused staring