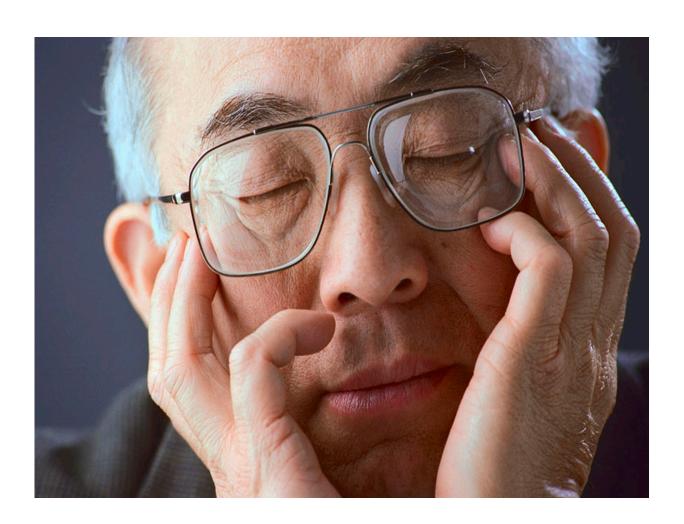


Post-lunch napping tied to better cognition in elderly

December 29 2016



(HealthDay)—Moderate post-lunch napping is tied to better cognition in



older adults, according to a study published online Dec. 20 in the *Journal* of the American Geriatrics Society.

Junxin Li, Ph.D., from Johns Hopkins University in Baltimore, and colleagues examined associations between self-reported post-lunch napping and structured cognitive assessments in older Chinese adults (≥65 years). Napping was characterized by length: non-nappers (0 minutes), short nappers (90 minutes).

The researchers found that 57.7 percent of participants reported napping (mean time, 63 minutes). There was a significant association between cognitive function and napping (P body mass index, depression, instrumental activities of daily living, social activities, and nighttime sleep duration, moderate napping was significantly associated with better cognition than non- (P = 0.004), short (P = 0.04), and extended napping (P = 0.002).

"Longitudinal studies with objective napping measures are needed to further test this hypothesis," the authors write.

More information: <u>Full Text (subscription or payment may be required)</u>

Copyright © 2016 HealthDay. All rights reserved.

Citation: Post-lunch napping tied to better cognition in elderly (2016, December 29) retrieved 4 May 2024 from https://medicalxpress.com/news/2016-12-post-lunch-napping-tied-cognition-elderly.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.