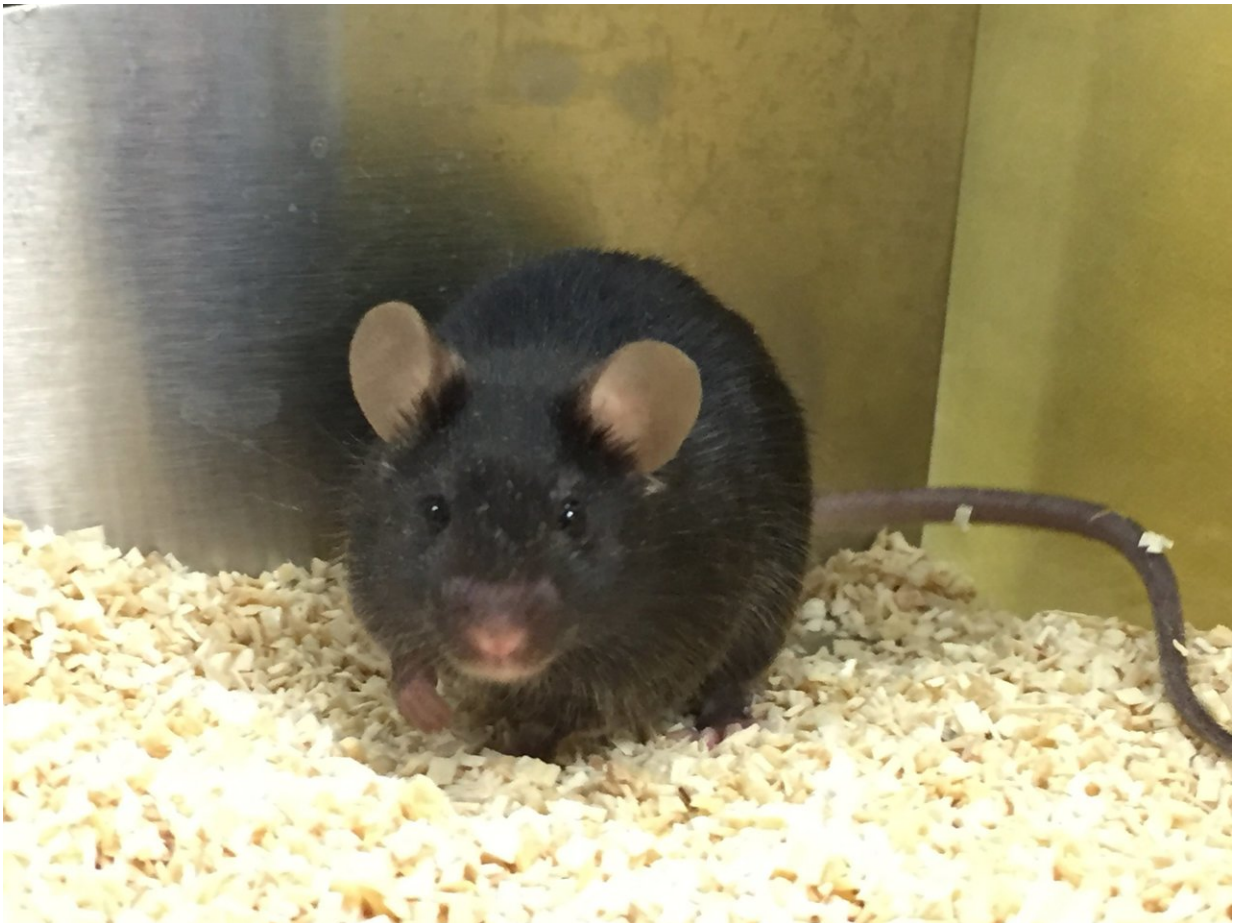


The researchers did not find any major differences in the cortical neural activity during sleep across the three age groups. All mice also showed similar effects of [sleep deprivation](#) on local sleep oscillations in the neocortex. These findings contrast with previous studies both in mice and humans showing that ageing is associated with a reduced capacity to generate [deep sleep](#), and highlight the need to consider activity at the level of [individual neurons](#), in addition to the whole-brain view, in order to fully understand the effects of ageing on sleep.



Local neural oscillations during sleep are not affected by ageing. Credit: Laura McKillop

More information: Effects of ageing on cortical neural dynamics and local sleep homeostasis in mice, *JNeurosci* (2018). [DOI: 10.1523/JNEUROSCI.2513-17.2018](https://doi.org/10.1523/JNEUROSCI.2513-17.2018)

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