

Inverted U-shaped link seen for sleep duration, cognitive decline

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(HealthDay)—There is an inverted U-shaped association between sleep

duration and global cognitive decline, according to a study published online Sept. 21 in *JAMA Network Open*.

YanJun Ma, from the Peking University First Hospital in Beijing, and colleagues examined the association between sleep duration and [cognitive decline](#) by a pooled analysis of two nationally representative cohorts. Data were obtained from waves 4 to 8 of the English Longitudinal Study of Ageing (9,254 individuals; ≥ 50 years) and waves 1 to 3 of the China Health and Retirement Longitudinal Study (10,811 individuals; ≥ 45 years).

The researchers found that after adjustment for a number of covariates, during 100,000 person-years of follow-up, the global cognitive z-scores declined faster for individuals with four hours or less (pooled $\beta = -0.022$) and 10 hours or more (pooled $\beta = -0.033$) of sleep per night compared with the reference group (seven hours per night). There was also an inverted U-shaped association for sleep duration and global cognitive decline.

"The inverted U-shaped association indicates that cognitive function should be monitored in middle-aged and older individuals with insufficient or excessive sleep duration. Future mechanism studies and intervention studies examining the association between [sleep duration](#) and cognitive decline are needed," the authors write.

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