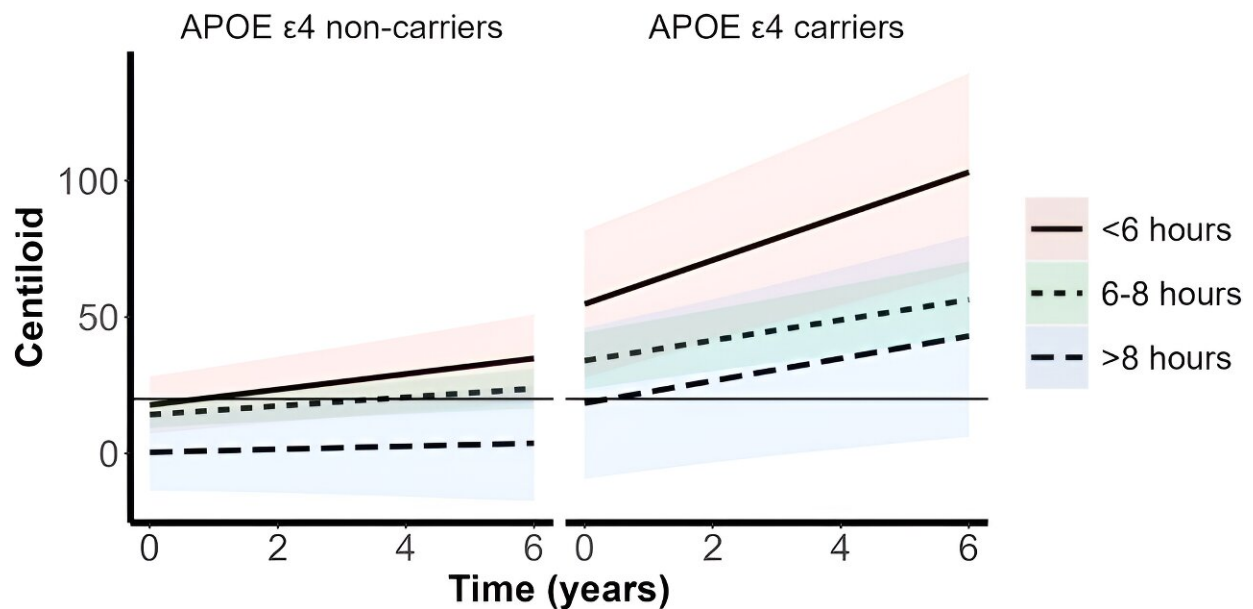


# How we can slow down or prevent Alzheimer's

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Plots for the relationship between baseline sleep duration category and the trajectory of brain A $\beta$  burden, in cognitively unimpaired APOE  $\epsilon$ 4 allele non-carriers (left) and carriers (right). Plots for the relationship between baseline sleep duration category and the trajectory of brain A $\beta$  burden, in cognitively unimpaired APOE  $\epsilon$ 4 allele non-carriers (left) and carriers (right). Credit: *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring* (2024). DOI: 10.1002/dad2.12579

Getting more than six hours of quality sleep a night may help prevent, or slow the progression of Alzheimer's disease, according to new research

from Murdoch University. The study, "[Suboptimal self-reported sleep efficiency and duration are associated with faster accumulation of brain amyloid beta in cognitively unimpaired older adults](#)," is published in *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*.

The research has found the accumulation of beta-amyloid plaques in the brain, a process linked to the development and progression of the disease, is closely related to individual sleep patterns.

The study highlighted that poorer sleep quality, and lower quantity, were associated with faster accumulation of beta-amyloid in the brain, in [older adults](#) whose memory and thinking were still unimpaired.

Associate Professor Stephanie Rainey-Smith from Murdoch University's Center for Healthy Aging said the findings suggest new hope for us all.

"Alzheimer's disease is a condition traditionally diagnosed in later life, but whose pathological processes commence much earlier," Associate Professor Rainey-Smith said.

"There is currently no known cure for Alzheimer's disease, but our research suggests that we should be looking at personalized sleep improvement interventions as a modifiable risk factor against Alzheimer's with potential to delay or prevent the onset and progression of symptoms for those in the early stages of the disease.

"Our findings, add to the evidence regarding how lifestyle factors like sleep might be harnessed in the fight against [neurodegenerative diseases](#)."

"We are delighted to have been able to support this research which highlights the importance of quality sleep for brain health," Professor Vicky Vass, Chief Executive Officer of Alzheimer's Research Australia

said.

"We look forward to learning more about how sleep improvement could provide new hope in making Alzheimer's a distant memory."

The [longitudinal study](#) involved an analysis of 189 cognitively unimpaired adults aged 60 to 80 years, with up to six years of follow-up data including [brain](#) imaging.

**More information:** Louise N. Pivac et al, Suboptimal self-reported sleep efficiency and duration are associated with faster accumulation of brain amyloid beta in cognitively unimpaired older adults, *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring* (2024). [DOI: 10.1002/dad2.12579](#)

Provided by Murdoch University

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