

Mayo Clinic Minute

Sleep and Alzheimer's disease connection

Video	Audio
Vivien Williams	Getting a good night's sleep is important. Lack of sleep increases your risk of daytime sleepiness, weight gain and even heart disease. Now you might be able to add Alzheimer's disease to that list.
Ronald Petersen, M.D., Ph.D. Director Mayo Clinic Alzheimer's Disease Research Center	"There were several studies on the impact of sleep, on developing cognitive impairment and maybe even Alzheimer's disease, showing that disrupted sleep, sleep apnea, various disorders of breathing can be deleterious with regard to cognitive function, and maybe even the development of Alzheimer's disease."
Vivien Williams	Dr. Ronald Petersen says the theory behind the sleep-Alzheimer's link has to do with a substance called amyloid.
Ronald Petersen, M.D., Ph.D.	"Amyloid, one of the proteins that's thought to cause the disease, may build up in the brain normally throughout life, but, at night, when we're sleeping, particularly when we get into deep sleep, the protein gets cleared from the brain."
Vivien Williams	So if you don't get into deep sleep, amyloid may not be cleared from your brain.
Ronald Petersen, M.D., Ph.D.	"It's conceivable that impaired sleep over many years may actually enhance the buildup of these abnormal proteins in the brain."
Vivien Williams	Sleep hygiene is very, very important.

Ronald Petersen, M.D., Ph.D.	“If you do have a disorder of breathing in sleep, get that addressed and treated earlier rather than later.”
	For the Mayo Clinic News Network, I’m Vivien Williams.