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Sleep disturbances and cognition in Neurodegenerative disorders

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There is no doubt that the elderly population is growing worldwide and in the USA. As age advances, the likelihood of sleep disturbances increases, which leads to alterations in the quality and quantity of sleep. Complaints about sleep disturbances have been reported in approximately 50% of seniors more than 65 years old living at home and 65% of those residing in nursing home facilities. Persistent sleep disorders in these group of people are associated with impaired cognition, diminished intellect, poor memory, confusion, and psychomotor retardation all of which may be misinterpreted as dementia. Therefore, understanding of sleep disturbances and the efficient therapeutic approach to these disorders plays a key role in decreasing the likelihood of cognitive impairment in elderly and those patients with dementia. In this talk, we review the sleep pattern changes related to aging, and recent pathophysiologic theories underlying sleep disturbances (such as glymphatic system theory) and related cognitive impairment in patients with neurodegenerative disorders (such as Alzheimer's disease, Parkinson's disease, dementia with Lewy bodies, vascular dementia, and frontotemporal dementia). We also discuss the most common sleep disorders related to the neurodegenerative disorders and therapeutic approaches to these disorders.

Biography

Mehdi Ghasemi completed his M.D. in Tehran University of Medical Sciences (TUMS) in 2008. After working as a clinical researcher in Dept. of Psychiatry and senior researcher in Dept. of Pharmacology in TUMS, he joined Department of Neurology at Johns Hopkins University School of Medicine in 2009 as post-doctoral researcher. He was also the director of Neuroscience Clinical Research Program at Neurology Institute for Brain Health and Fitness (2012-2014). He is currently a resident of neurology at University of Massachusetts Medical School. He has published over 80 papers/abstracts in peer reviewed journals and scientific conferences worldwide and serving as an editorial board member and ad hoc reviewer of many scientific international journals.

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