Sleep in healthy aging and dementia

Joe Winer, PhD
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Postdoctoral Fellow
Mormino & Poston Labs
Department of Neurology & Neurological Sciences
Stanford University

How does sleep change as we get older?

When did your sleep get worse?
What aspects of your sleep got worse?

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Mean severity of change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Falling Asleep</td>
<td>3</td>
</tr>
<tr>
<td>Continuity</td>
<td>2</td>
</tr>
<tr>
<td>Quantity</td>
<td>3</td>
</tr>
<tr>
<td>Quality</td>
<td>1</td>
</tr>
</tbody>
</table>

Age of decline onset

% of people

0  25  50  75

25  40  55  70
How does sleep change as we get older?

Mander, Winer, & Walker (2017) Neuron

Sleep strengthens memory

Sleep and Alzheimer’s disease

A “vicious cycle”

Short sleep, amyloid and memory decline

PET SUVR (adjusted mean)

Depressive Symptoms

Memory Test (Recall Performance)

Winer et al. (2021) *JAMA Neurology*
Sleep duration and lifestyle factors

Means and std. error adjusted for age, sex, education, self-identified race and ethnicity, APOE

Winer et al. (2021) JAMA Neurology

Interventions: Healthy sleep, healthy aging

- Sleep apnea treatment
- Behavioral therapy
- Sleep enhancement

Cognitive behavioral treatment of insomnia: A manual by Mark A. Taylor

11/17/21
Actigraphy: sleep in real life

Thank You!

Beth Mormino, PhD
Christina Young, PhD
Tammy Tran, PhD
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Kathleen Poston, MD
Marian Shahid
Kristen Wheeler
Eva Müller-Oehring, PhD
Ho Bin Kim

ADRC Team
Victor Henderson, MD
Nusha Askari, PhD
Veronica Ramirez
Isabelle Yi, RN
Nicole Corso, MS
Maria-Lucia Campos
Nicole Cáceres
James Kelbert

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Email me! jwiner@stanford.edu