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CENTRE FOR SLEEP & COGNITION

ANNUAL REPORT



Sleep And Cognition

Michael A. Grandner



Sleep And Cognition:

Human Sleep and Cognition ,2010-11-26 Human Sleep and Cognition *Sleep and cognition in the elderly* Géraldine Rauchs,Julie Carrier,Philippe Peigneux,2015-05-26 Understanding the role of sleep and the mechanisms at play in ageing are among the most exciting challenges in neuroscience Although our understanding of the mechanisms governing sleep stages and their role in cognitive processes including memory functions is gradually increasing most of the currently available data have been gathered in young adults Still substantial physiological changes in sleep are observed with increasing age that may markedly impacts on daily functioning This is why this Research Topic focuses on our current understanding of the impact of age related changes in sleep architecture on various domains of cognition The three editors Julie Carrier Montr al Canada Philippe Peigneux Brussels Belgium and G raldine Rauchs Caen France are specialized in various fields of sleep research Here they bring together an outstanding group of neuroscientist and clinical investigators engaged in the study of sleep encompassing state of the art studies of sleep disorders such as sleep apnoea or REM sleep behaviour disorder studies assessing new treatments to improve sleep quality together with experts in various domains of cognition such as vigilance memory and dreams in a perspective aimed at offering the interested reader a comprehensive view of the impact of age related changes in sleep architecture on cognition

Human Sleep and Cognition, Part II ,2011-05-16 There is a critical bidirectional relationship between sleep and cognition yet the literature in this area is scattered and it is surprisingly difficult to find a comprehensive overview of the basic principles latest discoveries and outstanding challenges This issue of Progress in Brain Research is split over 2 volumes bringing together cutting edge research on the topic in the basic clinical and applied sciences The 2 volumes review current knowledge and understanding provide a starting point for researchers and practitioners entering the field and build a platform for further research and discovery Leading authors review the state of the art in their field of investigation and provide their views and perspectives for future research Chapters are extensively referenced to provide readers with a comprehensive list of resources on the topics covered All chapters include comprehensive background information and are written in a clear form that is also accessible to the non specialist

Sleep Deprivation and Cognition ,2019-05-06 Sleep Deprivation and Cognition Volume 247 the latest release in the Progress in Brain Research series covers the effects of sleep deprivation with this new release featuring sections on the Impact of sleep deprivation on long term memory Adolescent sleep restriction effects on cognition and mood Self regulation and social behavior during sleep deprivation Experiential decision making and the effects of sleep loss Sleep deprivation and dynamic attentional control a Pharmacogenetic approach to understanding sleep deprivation and cognition Neuroimaging of functional connectivity in the sleep deprived brain what does it tell us and more Brings together scientists working in the area of sleep deprivation with scientists involved in research and theory in cognitive neuroscience Fosters theory driven research on sleep loss and cognition while also advancing a general understanding of cognitive neuroscience Provides a

foundation for the design of countermeasures to prevent human errors and accidents caused by sleep loss Sleep and Cognition Daniel L. Schacter, John F. Kihlstrom, Richard R. Bootzin, 2004 **Sleep and Cognition in the Elderly**, 2015

Cognition During Sleep: Hyperassociativity, Associativity and New Connections Caroline L. Horton, Sue Llewellyn, 2021-03-04 *Commemorative Issue: 15 years of the Sleep Medicine Clinics Part 1: Sleep and Sleep Disorders, An Issue of Sleep Medicine Clinics, E-Book* Teofilo Lee-Chiong, Ana C. Krieger, 2022-06-07 In this issue guest editors bring their considerable expertise to this important topic Provides in depth reviews on the latest updates in the field providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews **Exercise and Its Mediating Effects on Cognition** Waneen Wyrick Spirduso, Leonard W. Poon, Wojtek J. Chodsko-Zajko, 2007 This title seeks to expand on reader's understanding by examining whether and how physical activity could indirectly affect cognitive function by influencing mediators that provide physical and mental resources for cognition *Human Sleep and Cognition* Hans P. A. van Dongen, G. A. Kerkhof, 2011 Affective, Cognitive and Social Neuroscience: New Knowledge in Normal Aging, Minor and Major Neurocognitive Disorders Rosalba Morese, Sara Palermo, Antonella Carassa, 2022-03-21 Sleep and Health Michael A. Grandner, 2019-04-17 Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual community and population levels as well as a discussion of the implications for public health public policy and interventions Based on a firm foundation in many areas of sleep health research this text further provides introductions to each sub area of the field and a summary of the current research for each area This book serves as a resource for those interested in learning about the growing field of sleep health research including sections on social determinants cardiovascular disease cognitive functioning health behavior theory smoking and more Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities sleep and cardiometabolic disease risk real world effects of sleep deprivation and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often overlooked areas serving as a helpful guide to all relevant information on this broad topic area *Association Between Sleep Quality and Aging* Joel Ramirez, Kewei Chen, 2024-03-11 With life expectancy on the rise the proportion of people aged 60 or older is projected to account for more than one fifth of the global population by 2050 Sleep quality is one of the most common health concerns that increases with age Changes in sleep patterns associated with old age include disturbed sleep onset an increase in sleep fragmentation more frequent daytime dysfunction and less slow wave sleep than younger adults Sleep is a complex physiological process critical to our health and survival the many functions of sleep range from cerebral metabolic waste clearance and energy conservation to supporting cognitive performance and psychological well being Insufficient sleep has been linked to an increased risk of developing several chronic conditions including type 2 diabetes cardiovascular disease

immunodeficiency chronic pain depression and neurodegenerative diseases such as dementia due to Alzheimer's disease. What remains unclear is how variations in sleep quality are related to cognitive performance and how this relationship changes with age, with several decades of research on the subject having produced mixed results. Despite this, much recent evidence indicates a strong relationship between disturbed sleep and accelerated cognitive decline in older adults. For example, several studies have found that a loss in sleep quality precedes the emergence of cognitive deficits and that sleep disturbances may therefore constitute an early marker of cognitive decline. Sleep disturbances also become more extensive with the progression of neurodegenerative diseases, which raises questions about the possibility of a bidirectional relationship.

Insights in Public Mental Health: 2022 Wulf Rössler, 2024-02-20 **Physical Activity: a Promising Modifiable Behavior to Protect Brain, Cognition, and Mental Health Across the Lifespan** María

Rodriguez-Ayllon, Yaira Barranco-Ruiz, Jose Mora-Gonzalez, Darío Bellón, 2025-08-20 Physical activity is a promising modifiable behavior to protect brain cognition and mental health across the lifespan. Levels of physical activity are alarmingly low around the world. This is an ominous trend as numerous studies support the importance of engaging in physical activity for improving and/or maintaining a good health status across the lifespan. An emerging field of research also highlights the positive effect of physical activity on brain health, in particular for the promotion of cognitive functioning across the lifespan and the prevention of mental disorders in later life. According to the World Health Organization (WHO), brain health can be defined as the state of brain functioning across cognitive, sensory, social, emotional, behavioral, and motor domains, allowing a person to realize their full potential over the life course, irrespective of the presence or absence of disorders. Therefore, the concept of brain health includes not only measurements of biological markers of the brain, e.g., structural brain morphology, but also psychological well-being, e.g., depressive symptoms, and well-being, e.g., self-esteem indicators, perceptions of quality of life, and cognitive function, e.g., attention and memory.

Handbook of Developmental Cognitive Neuroscience, second edition Charles A. Nelson, Monica Luciana, 2008-07-11 The second edition of an essential resource to the evolving field of developmental cognitive neuroscience, completely revised with expanded emphasis on social neuroscience, clinical disorders, and imaging genomics. The publication of the second edition of this handbook testifies to the rapid evolution of developmental cognitive neuroscience as a distinct field. Brain imaging and recording technologies, along with well-defined behavioral tasks, the essential methodological tools of cognitive neuroscience, are now being used to study development. Technological advances have yielded methods that can be safely used to study structure-function relations and their development in children's brains. These new techniques, combined with more refined cognitive models, account for the progress and heightened activity in developmental cognitive neuroscience research. The Handbook covers basic aspects of neural development, sensory and sensorimotor systems, language, cognition, emotion, and the implications of lifelong neural plasticity for brain and behavioral development. The second edition reflects the dramatic expansion of the field in the seven years since

the publication of the first edition This new Handbook has grown from forty one chapters to fifty four all original to this edition It places greater emphasis on affective and social neuroscience an offshoot of cognitive neuroscience that is now influencing the developmental literature The second edition also places a greater emphasis on clinical disorders primarily because such research is inherently translational in nature Finally the book s new discussions of recent breakthroughs in imaging genomics include one entire chapter devoted to the subject The intersection of brain behavior and genetics represents an exciting new area of inquiry and the second edition of this essential reference work will be a valuable resource for researchers interested in the development of brain behavior relations in the context of both typical and atypical development

Enhancing Performance for Action and Perception ,2011-08-23 Based on the result of a symposium held at the Universite de Montreal May 2010

Augmentation of Brain Function: Facts, Fiction and Controversy Mikhail Lebedev, Ioan Opris, Manuel F. Casanova ,2018-09-14 Volume I entitled Augmentation of Brain Functions Brain Machine Interfaces is a collection of articles on neuroprosthetic technologies that utilize brain machine interfaces BMIs BMIs strive to augment the brain by linking neural activity recorded invasively or noninvasively to external devices such as arm prostheses exoskeletons that enable bipedal walking means of communication and technologies that augment attention In addition to many practical applications BMIs provide useful research tools for basic science Several articles cover challenges and controversies in this rapidly developing field such as ways to improve information transfer rate BMIs can be applied to the awake state of the brain and to the sleep state as well BMIs can augment action planning and decision making Importantly BMI operations evoke brain plasticity which can have long lasting effects Advanced neural decoding algorithms that utilize optimal feedback controllers are key to the BMI performance BMI approach can be combined with the other augmentation methods such systems are called hybrid BMIs Overall it appears that BMI will lead to many powerful and practical brain augmenting technologies in the future

Fragmentation in Sleep and Mind: Linking Dissociative Symptoms, Sleep, and Memory Sue Llewellyn, Dalena van Heugten - van der Kloet, 2018-03-27 Fragmented dissociated consciousness can characterize the mind in both wake and sleep states Dissociative symptoms during sleep include vivid dreaming nightmares and alterations in objective sleep parameters e g lengthening of REM sleep During waking hours dissociative symptoms exhibit disparate characteristics encompassing memory problems excessive daydreaming absentmindedness and impairments and discontinuities in perceptions of the self identity and the environment Llewellyn has theorized that a progressive and enduring de differentiation of wake and dream states of consciousness eventually results in schizophrenia a lesser degree of de differentiation may have implications for dissociative symptoms Against a background of de differentiation between the dream and wake states the papers in this volume link consciousness memory and mental illness with a special interest for dissociative symptoms

Cognition ,1994

The book delves into Sleep And Cognition. Sleep And Cognition is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sleep And Cognition, encompassing both the fundamentals and more intricate discussions.

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6. In chapter 5, this book will draw a conclusion about Sleep And Cognition. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sleep And Cognition.

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